

### Swim, Skate, Gym\* & Walk (Level 1)

<b>Adult (18-64)</b>		<b>Child/Youth/Full Time Student</b>	
Annual	\$190.37	Annual	\$122.37
1 Month	\$30.46	1 Month	\$19.57
3 Month	\$76.14	3 Month	\$48.95
6 Month	\$114.21	6 Month	\$73.42
<b>Family</b>		<b>Seniors (65+ Oshawa Resident)</b>	
Annual	\$275.20	Annual	\$60.00
1 Month	\$65.27	1 Month	\$9.59
3 Month	\$137.06	3 Month	\$23.99
6 Month	\$200.16	6 Month	\$30.00

As low as  
**\$15.86\***

Per Month  
\*Based on Single Annual Adult Membership



**Swim at all of our pools. Skate at all of our arenas! Walk at our indoor tracks. Be active in the gymnasium at the Legends Centre.**

**\*Gym - only refers to drop-in programs in the Legends Centre gymnasium.**

**NEW - Non-Oshawa residents will be required to pay a 20% non-resident fee on all memberships beginning September 1, 2011.**

### Fitness Centre (Level 2)

<b>Adult (18-64)</b>		<b>Youth/Full Time Student/Seniors**</b>	
Annual	\$326.33	Annual	\$217.56
1 Month	\$52.22	1 Month	\$34.82
3 Month	\$130.53	3 Month	\$87.02
6 Month	\$195.81	6 Month	\$130.53
<b>Family</b>			
Annual	\$598.28		
1 Month	\$113.14		
3 Month	\$250.19		
6 Month	\$369.84		

As low as  
**\$27.19\***

Per Month  
\*Based on Single Annual Adult Membership



**All the services of Level 1 plus access to the Fitness Centres at the Civic Recreation Complex, Legends Centre and South Oshawa Community Centre.**

**All membership and admission rates are subject to change**

\*\*All fitness centre users between the ages of 13 - 17 must register, participate and successfully complete the Teen Weight Training (TWT) course. The Teen Weight Training course is free to members. A minimum of 1 month level 2 membership at \$34.82 is required to register. The start date of the membership will begin upon successful completion of TWT.

**NEW - Non-Oshawa residents will be required to pay a 20% non-resident fee on all memberships beginning September 1, 2011.**

## Group Fitness/Racquet Sports Add-Ons

Customize your membership for greater services with a Group Fitness Add-on or a Racquet Sports Add-on. Both Add-ons are available with either a Level 1 or Level 2 membership.

#### Group Fitness Add-on

This add-on entitles you to free registration to all regular Group Fitness Classes and a 50% discount to Specialty Fitness Classes. Please note that class size is limited and registration is not guaranteed. There is no discount applied to drop-in fees.

Session Add-on: \$34.82  
Additional family member for the same session: \$6.96  
Fall session add-on: valid from September 17 to January 6  
Winter session add-on: valid from January 7 to March 23

#### Racquet Sports Add-on

This add-on entitles you to 7 day advance court booking privileges, the reduced court fee of \$2.45 per hour per member for tennis and badminton, no court fees for squash. Non-members must pay regular admission prices for court rentals.

#### Fees for the Racquet Sports Add-on:

	<u>First Add-on</u>	<u>Additional Add-on</u>
Annual	\$135.97	\$27.20
1 Month	\$11.41	\$2.28
3 Month	\$34.82	\$6.96
6 Month	\$67.98	\$13.59

### Single Admission to Indoor Tracks

Youth	\$2.45
Adult (18-64 yrs)	\$3.80
Family	\$8.15
Seniors	\$1.20

### Single Admission Fitness Centre Fees

Youth/Senior	\$4.35
Adult (18-64 yrs)	\$6.50
Family	\$14.15

Single Admission fees permit one-time access to the Fitness Centre.

Family admission/passes are restricted to two adults and their children, 17 years of age and younger, living at the same residence. Proof of age required at time of purchase.

# 24 Fitness & Wellness Fitness Centre Information

## Fitness Memberships

The City of Oshawa operates a fitness centre near you! One membership gives you access to all of our fitness centres.

- Civic Recreation Complex: 99 Thornton Rd. S. 905-436-5454
- Legends Centre: 1661 Harmony Rd. N. 905-436-5636 ext. 5048
- South Oshawa Community Centre: 1455 Cedar St. 905-436-5474

Each centre features a variety of cardio equipment including treadmills, elliptical machines, upright and recumbent exercise bikes, a full line of strength training machines and free weights. Fitness members also have access to Oshawa's swimming pools during operational hours as well as the walking track at Legends Centre and running track at the Civic Recreation Complex. Staff are available during most fitness centre hours to service your fitness needs and questions.

## Personal Training

Working one-on-one, our certified trainers will:

- Guide you to select realistic goals
- Design a personal program for you
- Educate you on exercise techniques and theories
- Ensure safety with proper techniques
- Maximize your time efficiency
- Adjust your program when needed to ensure improvement and maintain interest

## Personal Training Fees

1 session: \$45.20

Partner Training: \$77.12  
(2 people per session)

Personal training sessions are up to 60 minutes in length.

Non-members must pay admission fees.

## Smart Start Package

A great start towards physical health. Let our professional team evaluate your fitness level and create a training program specifically for you. You will receive 1 fitness assessment and 1 personal training session in which a certified personal trainer will walk you through your personal training program.

Cost: \$77.12

## Certified Fitness Assessment

A certified fitness consultant will evaluate your current fitness level, help identify areas for improvement and help guide you to meet your fitness goals.

Cost: \$45.20

## Team Training

Have your team ready and in top shape for the season! Let our personal trainers develop and facilitate an 4-12 week program which will increase your team's cardiovascular endurance and strength. Programs can be built to suit every sport. Contact: Civic Recreation Complex: Amber Collins 905-436-5636 ext. 2638 or Legends Centre: Gabi McCune 905-436-5636 ext. 5035

## Fitness Classes

We offer a wide variety of group fitness, specialty classes and training programs. For a complete listing of these programs turn to pages 26 to 34.

## Fitness Centre Hours of Operation

### Civic Recreation Complex

Fall/Winter Hours:  
(Effective until September 6)  
Mon-Fri: 6:00am - 10:00pm  
Sat & Sun: 8:00am - 9:00pm

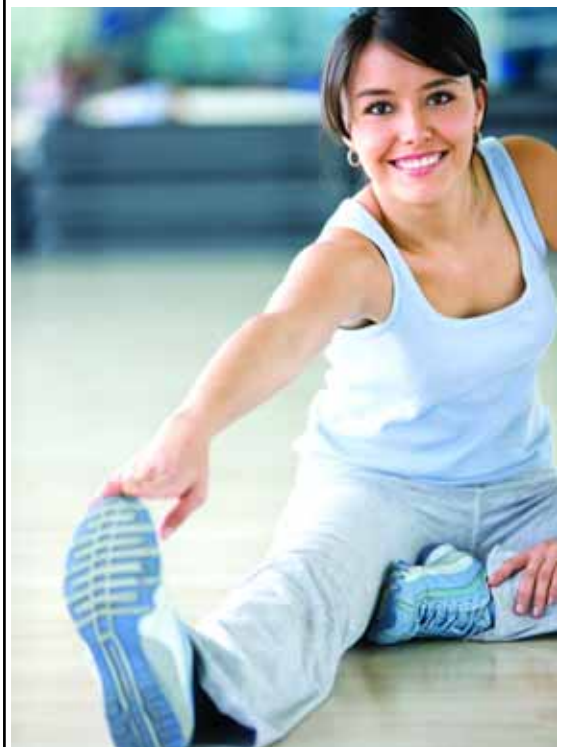
### Legends Centre

Mon-Fri: 6:00am - 9:00pm  
Sat & Sun: 8:00am - 8:00pm  
\*Legends Centre Fitness Centre will be closed  
September 14 - 16 for maintenance

### South Oshawa Community Centre

Mon-Sun: 8:30am - 9:00pm

\*See page 25 for Holiday Hours



## Child Supervisory Service

Looking for something for your children to do while you workout?

Children can participate in crafts, games, sports, homework club, theme days and more in this drop-off program. Parents must be in the facility while children attend this program.

Cost: \$2.45/hour

### South Oshawa Community Centre

4 months - 10 years  
Monday - Friday 9:00am - 11:30am

All program, rental, membership and admission fees are subject to change.

**Fitness Centre Holiday Hours**

Holiday	Date	Civic Recreation Complex	Legends Centre	South Oshawa Community Centre
Labour Day	Mon Sep 5	11:00pm - 4:00pm	Closed	Closed
Thanksgiving	Mon Oct 10	Closed	11:00am - 5:00pm	Closed
Christmas Eve	Sat Dec 24	Closed	Closed	Closed
Christmas Day	Sun Dec 25	Closed	Closed	Closed
Boxing Day	Mon Dec 26	Closed	11:00am - 5:00pm	Closed
New Year's Eve	Sat Dec 31	11:00pm - 4:00pm	Closed	11:00pm - 4:00pm
New Year's Day	Sun Jan 1	Closed	11:00am - 5:00pm	Closed
Family Day	Mon Feb 20	Closed	11:00pm - 5:00pm	11:00pm - 4:00pm

**Participating in Recreation and Active Living:**

- Helps people live longer
- Prolongs independent living for seniors
- Reduces the risk of heart disease and stroke, osteoporosis, some cancers and other diseases
- Helps prevent and rehabilitate back problems
- Enhances overall health and well-being: Recreation is a proven therapeutic tool.

*The Benefits of Parks & Recreation Catalogue*

**Passport to Wellness**



Join us February 20 - 26, 2012



**Your Success Awaits!**

Experience our services, try out a free class or attend free information sessions!

Let us show you how **EASY** and **FUN** it can be to bring fitness and wellness into your life.



**Are you experiencing any of the following?**

- Trouble achieving your fitness or weight loss goals
- Feeling tired and lethargic
- Suffering from diabetes or thyroid dysfunction
- High levels of stress
- Stored Fat around your midsection

*These can be signs and symptoms of a poor diet. Let Lifestyle and Nutrition Counsellor Catharine Fairweather, RHN assist you with balancing your diet and steer you on the road to feeling great again. To schedule an appointment with Catharine, please contact the Legends Centre Fitness Centre at 905-436-5636 ext. 5048*