Did you know that our fitness centres provide complementary tours, demonstrations and information workshops? Get to know your fitness centre today! Increase your understanding of where everything is, learn how to use equipment safely and feel comfortable working out! Speak to any of our friendly and qualified fitness staff to learn more.

**Fitness Centres**

**Civic Recreation Complex**
99 Thornton Road South
Tel.: 905-436-5454

**Facility Hours:**
Monday - Friday: 6:00 am - 10:00 pm
Saturday & Sunday: 8:00 am - 9:00 pm

**Holiday Hours:**
Open: 11:00 am - 4:00 pm
- Tuesday, December 31
Closed:
- Wednesday, January 1
- Monday, February 17

**Delpark Homes Centre**
1661 Harmony Road North
Tel.: 905-436-5455

**Facility Hours:**
Monday - Friday: 6:00 am - 10:00 pm
Saturday & Sunday: 8:00 am - 9:00 pm

**Holiday Hours:**
Open: 11:00 am - 5:00 pm
- Wednesday, January 1
- Monday, February 17
Closed:
- Tuesday, December 31

**South Oshawa Community Centre**
1455 Cedar Street South
Tel.: 905-436-5474

**Facility Hours:**
Monday - Sunday: 8:30 am - 9:00 pm

**Holiday Hours:**
Open: 11:00 am - 4:00 pm
- Tuesday, December 31
- Monday, February 17
Closed:
- Wednesday, January 1

Each fitness 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.

**Single Admission Fitness Centre Fees**

<table>
<thead>
<tr>
<th>Category</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (13-17)*</td>
<td>$5.33</td>
</tr>
<tr>
<td>Adult (18 - 64 years)</td>
<td>$7.96</td>
</tr>
<tr>
<td>Seniors (65 years+)</td>
<td>$4.35</td>
</tr>
</tbody>
</table>

* must have completed the TWT program.
Memberships

All-Inclusive Fitness Centre Swim, Skate & Walk

**All Inclusive Membership**

Includes access to all fitness centres, year-round, unlimited fitness classes, racquet sports add-on, discounted personal training services, indoor/outdoor track access, leisure swimming, skating and drop-in sports programs¹.

as low as $45.76* per month!

<table>
<thead>
<tr>
<th>Youth/Full-Time Student</th>
<th>Adult 18 years+</th>
<th>Family</th>
<th>Senior Oshawa Resident 65+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual</td>
<td>$419.88</td>
<td>$549.08</td>
<td>$1033.54</td>
</tr>
<tr>
<td>3 month</td>
<td>$144.73</td>
<td>$196.38</td>
<td>$379.88</td>
</tr>
<tr>
<td>6 month</td>
<td>$235.80</td>
<td>$313.30</td>
<td>$600.76</td>
</tr>
</tbody>
</table>

* Based on single annual Adult Membership.

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**Level 2: Fitness Centre Membership**

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

as low as $33.43* per month!

<table>
<thead>
<tr>
<th>Youth/Full-Time Student</th>
<th>Adult 18 years+</th>
<th>Family</th>
<th>Senior Oshawa Resident 65+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual</td>
<td>$267.43</td>
<td>$401.16</td>
<td>$735.44</td>
</tr>
<tr>
<td>1 month</td>
<td>$42.82</td>
<td>$64.18</td>
<td>$139.05</td>
</tr>
<tr>
<td>3 month</td>
<td>$106.98</td>
<td>$160.44</td>
<td>$307.54</td>
</tr>
<tr>
<td>6 month</td>
<td>$160.44</td>
<td>$240.69</td>
<td>$454.64</td>
</tr>
</tbody>
</table>

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**Level 1: Swim, Skate & Walk Membership**

Unlimited admission to our leisure swimming, skating and drop-in sports programs¹. As well as access to our indoor and outdoor tracks, the Rec Room and Youth Room.

as low as $19.50* per month!

<table>
<thead>
<tr>
<th>Youth/Full-Time Student</th>
<th>Adult 18 years+</th>
<th>Family</th>
<th>Senior Oshawa Resident 65+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual</td>
<td>$150.41</td>
<td>$234.02</td>
<td>$338.28</td>
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<tr>
<td>1 month</td>
<td>$24.07</td>
<td>$37.45</td>
<td>$80.23</td>
</tr>
<tr>
<td>3 month</td>
<td>$60.17</td>
<td>$93.60</td>
<td>$168.48</td>
</tr>
<tr>
<td>6 month</td>
<td>$90.24</td>
<td>$140.39</td>
<td>$246.03</td>
</tr>
</tbody>
</table>

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Customize your membership

Enhance your Level 1 or 2 membership and take advantage of free registration to all regular Group Fitness Classes and a 50% discount to Specialty Fitness Classes. Discount does not apply to Drop-in fees.

**Group Fitness Session Add-on $42.82 per member**


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**NOTES ON ADMISSION FEES**

- All fitness centre users between the ages of 13-17 must register, participate and successfully complete the Teen Weight Training (TWT) course. The TWT course is free to members. A minimum of 1 month Level 2 membership at $42.82 is required to register. The start date of the membership will begin upon successful completion of TWT.
- All membership and admission rates are subject to change.
- 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 the time of purchase.
- Memberships do not include Shinny Hockey or Fieldhouse Drop-ins weekday evenings after 5:00pm or on weekends.
- Adult rate applies to non-resident seniors 65 years and older.
- Classes are limited by room/pool capacity. Most classes are on a first come, first served basis.
Personal Training

Why have a personal trainer?
• Help you set and achieve realistic and attainable fitness goals
• Create an exercise program to help you reach those fitness goals
• Educate you on the importance of safe and proper technique
• Help you make the most of your time at the gym
• Keep you motivated and on track with program adjustments when needed

Training Packages & Programs

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.
Fee: $108.71

Certified Fitness Assessment
A certified fitness consultant will evaluate your current fitness level and help identify areas for improvement.
Fee: $55.56

Personal Training Fees
1 session: $55.56
5 sessions: $271.78
10 sessions: $483.15
Partner Training: $108.71 (2 people per session)
Personal training sessions are up to 60 minutes in length.

Rehabilitation Programs
Are you recovering from a sports injury or motor vehicle accident? City of Oshawa Fitness Staff will work in conjunction with your physiotherapist and other rehab professionals in assisting with your recovery. Personal training fees apply.

Team Training
Have your team ready and in top shape for the season! Let our personal trainers develop and facilitate a 4-12 week program which will increase your teams’ cardiovascular endurance and strength. Programs can be built to suit every sport!

We are your Fitness Team
Call us if you have questions about our fitness memberships, programs and training.

Civic Recreation Complex
Kassidy Watts 905-436-3311 ext. 2638

Delpark Homes Centre
Jessica Youngs 905-436-3311 ext. 5035

South Oshawa Community Centre
Catharine Fairweather 905-436-3311 ext. 5303