

YWCA Lethbridge Inclusive Fitness

Whether you're already fit and want to stay in top form, looking to lose weight and start moving, or have physical disabilities that require special accommodation, there's **A FIT FOR EVERYONE** at the YWCA Lethbridge Co-ed Fitness Centre!

All of our membership plans enjoy:

- ✓ Fitness Centre
- ✓ Group Fitness Classes
- ✓ Change Rooms & Shower
- ✓ Towel Service
- ✓ Equipment Orientation



YWCA Lethbridge & District
Co-Ed Fitness Centre
403-329-0088



YWCA Lethbridge & District

Co-ed Fitness Centre
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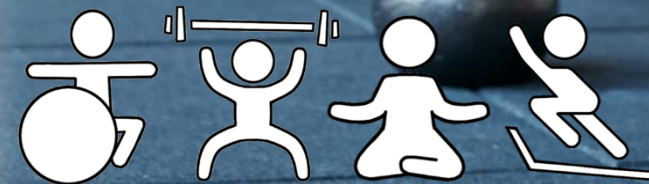


www.ywcahealthandfitness.org
@ywcalethbridge

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Co-Ed Fitness Centre



A FIT FOR EVERYONE

Fitness Packages

We offer fitness opportunities for all ages, sizes and fitness levels! Whether you decide to invest in personal training or go it alone, there's **A FIT FOR EVERYONE** at the YWCA Lethbridge Co-ed Fitness Centre.

Individual Fitness Membership

(Prices quoted are monthly)

Package	Co-Ed Fitness Membership	Women's Health Club Membership
Adult (18-54)	\$40	\$48
Senior (55+)	\$38	\$40
Student* (18+)	\$31	\$34
Youth [^] (12-17)	\$26	N/A

Household Fitness Membership - \$78/month

A "household" includes all individuals living at the same address. A base household fitness membership includes two people, one of which is a Women's Health Club membership. Additional people can be added to your household fitness membership: Additional household members can be added: \$10 for General Membership or \$18 for Women's Health Club Membership.

Drop-in Fitness

Single Visit	\$9
12-Visit Pass	\$70

Lockers

- Day-use – FREE
- Monthly rental - \$3/month

3 Ways to Pay

1. Take advantage of our convenient monthly pre-authorized payment plan. For a one-time \$20 set-up fee, we'll automatically bill your Visa, MasterCard or bank account. Your membership will renew automatically each month and you can cancel at any time with two weeks notice.
2. Pay a year in full and get 2 months FREE!
3. Pay three months or more in full and save the \$20 set-up fee.

What's included in a membership?

(Benefits effective July 2018)

	Co-ed Fitness	Women's Health Club (Women 18+)
Co-ed Fitness Centre	✓	✓
Group Fitness Classes - Visit ywcahealthandfitness.org for details	✓	✓
Towel Service	✓	✓
10% off Spirit-in-Motion Yoga	✓	✓
10% off Canadian Yoga Institute	✓	✓
Day-use Locker	✓	✓
Separate women-only fitness area with equipment, free weights & stretching area		✓
Women's Hot Tub		✓
Women's Steam Room		✓
FREE access to open/family times at select City of Lethbridge rinks & pools ⁺		✓

Are you a wellness-focused employer?

When three or more of your employees join the YWCA Co-ed Fitness Centre together, they'll receive a 15% discount off our regular fitness membership fees.

*Current student I.D. card required. [^]Youth aged 12-15 must be accompanied by an adult. ⁺Access for Women's Health Club member and her family ONLY. Primary pass holder must be present to access facilities. Discounts may not be combined. Fees & gift certificates are non-refundable. GST will be added to all prices. Fees are subject to change. Call us or visit ywcahealthandfitness.org for our most recent fee schedule.

Personal & Group Training

Available by appointment only

Personal Training

Initial Consultation – FREE

Information gathering and goal-setting

Program Design - \$140.00

1-hour full fitness & needs assessment
2 personal training sessions to familiarize you with your program and make adjustments as needed.

Personal Training (1-hour sessions)

5 sessions - \$225.00
10 sessions - \$437.50

Existing individual training clients can add additional single sessions for \$50 each.

Group Training (2-5 people)

1 hour session - \$30.00/participant

Accountability/Nutrition Check-ins

4 sessions - \$60

Fitness Appraisal

Full Appraisal - \$40

- Muscular Fitness Assessment
- Aerobic Fitness Assessment
- Body Composition Assessment

Partial Appraisal - \$25 per component

(Muscular, Aerobic or Body Composition)

Equipment Orientation

(FREE with all memberships)

- Basic resistance guidelines and technique
- Learn a total body machine-based circuit