

# CHRISTMAS HEALTH CLUB

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## DECEMBER 17, 2016 - JANUARY 1, 2017

### FITNESS ROOM

Sat., Dec. 17	9:00 am - 8:00 pm
Sun., Dec. 18	9:00 am - 8:00 pm
Mon., Dec. 19	6:00 am - 8:00 pm
Tues., Dec. 20	6:00 am - 8:00 pm
Wed., Dec. 21	6:00 am - 8:00 pm
Thurs., Dec. 22	6:00 am - 8:00 pm
Fri., Dec. 23	6:00 am - 8:00 pm
Sat., Dec. 24	9:00 am - 4:00 pm
Sun., Dec. 25	CLOSED
Mon., Dec. 26	CLOSED
Tues., Dec. 27	6:00 am - 8:00 pm
Wed., Dec. 28	6:00 am - 8:00 pm
Thurs., Dec. 29	6:00 am - 8:00 pm
Fri., Dec. 30	6:00 am - 8:00 pm
Sat., Dec. 31	9:00 am - 4:00 pm
Sun., Jan. 1	CLOSED

1 lane of 25 m pool, hot tub, sauna

### POOL

Sat., Dec. 17	1:30 pm - 4:00 pm 6:30 pm - 8:00 pm
Sun., Dec. 18	1:30 pm - 4:00 pm 6:30 pm - 8:00 pm
Mon., Dec. 19	6:30 am - 3:00 pm 6:30 pm - 8:00 pm
Tues., Dec. 20	6:30 am - 3:00 pm 6:30 pm - 8:00 pm
Wed., Dec. 21	6:30 am - 3:00 pm 6:30 pm - 8:00 pm
Thurs., Dec. 22	6:30 am - 3:00 pm 6:30 pm - 8:00 pm
Fri., Dec. 23	6:30 am - 1:15 pm 3:00 pm - 5:00 pm 6:30 pm - 8:00 pm
Sat., Dec. 24	1:30 pm - 4:00 pm
Sun., Dec. 25	CLOSED
Mon., Dec. 26	CLOSED
Tues., Dec. 27	6:30 am - 3:00 pm 6:30 pm - 8:00 pm
Wed., Dec. 28	6:30 am - 3:00 pm 6:30 pm - 8:00 pm
Thurs., Dec. 29	6:30 am - 3:00 pm 6:30 pm - 8:00 pm
Fri., Dec. 30	6:30 am - 1:15 pm 3:00 pm - 5:00 pm 6:30 pm - 8:00 pm
Sat., Dec. 31	1:30 pm - 4:00 pm
Sun., Jan. 1	CLOSED

### HEALTH CLUB

#### MEMBERSHIP

##### Adults 19-64 yrs.

Drop-in (13+).....	\$6.75
1 Month.....	\$64.00
3 Months.....	\$151.75
6 Months.....	\$245.00
1 Year.....	\$453.00
Book of 10.....	\$53.25

##### Teens/ Seniors (13+/65+)

Drop-in .....	\$5.00
1 Month.....	\$50.00
3 Months.....	\$127.00
6 Months.....	\$195.00
1 Year.....	\$355.50
Book of 10.....	\$37.00

##### \*Family (13+)

1 Month.....	\$177.50
3 Months.....	\$430.75

*Health Club Membership rates include fitness room & pool.*

*\*Family Rate: 2 adults & their own children 13 - 18 years. All prices include tax.*

*Christmas Gift idea...*

*There is no time like right now to start making positive changes!*

## Health Club Specials

Jan. 2 - Mar. 19/17

Adult (19-64 years) \$148.50  
Teen/Senior (13+/65+) \$110.00

\*Special rate offer ends Jan.20/17

*"If you keep on doing what you've always done, you'll keep on getting what you've always got".*

W. L. Bateman

## Get the training You need!

Personal Trainers  
\$30/hour

Call  
250-494-0447  
to book!

