

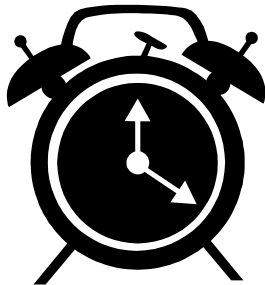
Inside Track Weekly



ISSUE 4 APRIL 19 -25

Trial Opening

As of Sunday, April 18th, for 4 weeks, we will hold a trial opening of 7:00 am on Sundays to coincide with Saturday opening times.



Court Bookings

For your convenience, as of Sunday March 14, court bookings will begin at 8:00 am to coincide with Monday through Saturday booking times. Community members may book 1 court 1 day in advance. Non-members may book the day of play. We invite you to register with our staff to book your court online at: www.fitnesscentre.com

Fitness Programs

Our spring fitness programs begins April 26 so register for those last few spots, in the class of your choice.

New this year!

The Fitness Centre is holding summer fitness programs. Check the Key magazine or ask our staff for a class list. Registration will begin May 19th.



SPECIAL POINTS OF INTEREST:

- Children under high school age are not allowed in the Nautilus/Trotter/Cardio Centres or the weight room. In other areas, children under 14 are allowed to play basketball, badminton and run the track while supervised by a parent. They may also play squash or tennis while supervised and pay the day fee.
- Shoes worn outside should not be worn in Fitness Centre rooms, courts, or the Bubble.
- We recommend that all Squash players wear **APPROVED** eye protection. All players must wear non-marking footwear.

Fitness Centre Survey

The Fitness Centre will be conducting our annual survey. We look forward to hearing your comments, that we may better meet your needs. The front desk staff will be asking for your help in reaching our membership population. Please take a few minutes to complete this helpful survey.

Men's Shower

With concern over the discolouration of the men's shower floor, the Fitness Centre brought in a company to resurface the area with an epoxy paint. Unfortunately, due to product failure we plan to wait until summer and resurface the shower area or we will to it sooner if the surface continues to deteriorate at a rapid pace. In the interim please use sandals if you find the floor slippery.





*Adult Fitness
& Recreation*

Phone: 475-6398
Court Booking: 475-6239
Fax: 644-4842



4 Month SPECIAL

Available for purchase May 1 to June 15

General

Gold **\$159** Silver **\$125**

Student/Senior

Gold **\$139** Silver **\$115**

plus capital improvement fee and GST

Fitness Centre OPEN HOUSE

April 20 & 21 12:00 pm - 9:00 pm

With such a great 4 month special rate why not bring your friends to your Fitness Centre. We are hosting an Open House to share information with the public.

They can take a tour, enjoy refreshments, enter draws and learn about what we have to offer them.

Membership Reward Program

Want a chance to win prizes and/or extra services for your Fitness Centre Membership. All you have to do is bring in a potential member and once they are signed up and officially a member you can win a corresponding prize depending on the membership plan. Even students can get in on a chance to win if they bring in a potential member. Prizes are determined by the membership plan that the new member signs up for. Check out the charts below to see what kind of prize you may receive. **New members being signed up must never have been a member or have not purchased a membership in the past 5 years. See the front desk for more information.**

For Community Members of the Fitness Centre:

<i>Membership Plan</i>	<i>Prize Package</i>
6 month silver/gold single	Extended 1 month membership
6 month silver/gold couple	Extended 2 month membership
1 year silver single	t-shirt & extended 1 month membership
1 year silver couple	sweatshirt & extended 1 month membership
1 year gold single	sweatshirt & extended 2 month membership
1 year gold couple	jacket & extended 2 month

For Students of Confederation College:

<i>Membership Plan</i>	<i>Prize Package</i>
6 month silver/gold single	1 month gold up-grade
6 month silver/gold couple	2 month gold up-grade
1 year silver single	3 month gold up-grade
1 year silver couple	3 month gold up-grade & t-shirt
1 year gold single	4 month gold up-grade
1 year gold couple	4 month gold up-grade & t-shirt