

GYMNASIUM

September-November 2018

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Platinum Access 8:00-9:00 a.m.	Platinum Access 8:00a.m.-5:00 p.m.	Platinum Access 6:00a.m.-7:00 p.m.	Platinum Access 6:00a.m.-2:00 p.m.	Platinum Access 6:00a.m.-7:00 p.m.	Platinum Access 6:00a.m.-4:00 p.m.	Platinum Access 6:00a.m.-4:00 p.m.
Cardio Boot Camp 9:00 - 10:00 a.m.	Gym Rental 5:00-7:00 p.m.	Skip Circuit 6:00-6:45 p.m.	Free Toddler Gym 2:00-2:30 p.m.	Crossfit 6:00-6:45 p.m.	LEAF 4:00-5:00 p.m.	LEAF 4:00-5:00 p.m.
Free Family Gym 10:00 - 12:00 p.m.	Free Adult Drop In 7:00-8:50 p.m. Basketball	Platinum Adult Gym 8:00-9:50 p.m. Basketball	Platinum Access 2:30-4:00 p.m.	Platinum Adult Gym 8:00-9:50 p.m. Basketball	Free Youth Gym 5:00-7:00 p.m. Soccer	Platinum Access 5:00-6:00 p.m.
Platinum Access 12:00-2:00 p.m.			LEAF 4:00-5:00 p.m.		Platinum Adult Gym 7:00-8:00 p.m. (1/2 court basketball/ badminton)	Gym Rentals 6:00-7:50 p.m. 8:00-9:50 p.m.
Gym Rentals/Party Rentals 2:00 - 4:00 p.m.			Free Youth Gym 5:00-7:00 p.m. Basketball		Platinum Adult Gym 8:00-9:50 p.m. Badminton	
Platinum Access 4:00-6:50 p.m.			Platinum Adult Gym 7:00-8:00 p.m. (1/2 court basketball/ badminton)			
Free Adult Drop In 7:00-8:50 p.m. Badminton			Platinum Adult Gym 8:00-9:50 p.m. Badminton			

Platinum Access - Only platinum members who have a paid membership have access during the gymnasium times listed above. No designated sport. Ages 16+

Cardio Boot Camp - Cardio Fitness class for Platinum members during the Gymnasium times listed above.

Free Family Gym - Free for all residents. Parent must accompany child under 9 years old.

Gym Rentals - the times listed above are private gym rental times. In times when there is no gym rental, the time will remain as Platinum access no designated sport.

Free Adult Drop In- Free for all residents. Listed above are **specific** designated sports on certain days.

Skip Circuit - Fitness class for Platinum members during the Gymnasium times listed above.

Free Toddler Gym - Free for all residents. Instructor-led activities and games during the duration of program. Parent/guardian must accompany child. (3-4 years old)

LEAF - After school program has access to the gymnasium during the times listed above.

Free Youth Gym - Free for residents. Listed above are specific designated sports. Ages 10-15 years old.

Platinum Adult gym (1/2 badminton 1/2 basketball) - Access only for Platinum members who have a paid Platinum Membership. Half court will basketball, and half court badminton during the designated listed times above.

Platinum Adult Gym - Access only for Platinum members who have a paid Platinum Membership. Listed above are **specific** designated sports on certain days.

Crossfit - Fitness class for Platinum members during the Gymnasium times listed above.

PERSONAL TRAINING

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Whether you are looking to increase muscle strength, lose weight, or achieve specific training goals, we have a fitness professional committed to helping you improve your overall health and wellness. Our certified personal trainers are dedicated to helping you achieve your optimum fitness level by sharing their expertise in holistic wellness by improving your cardiovascular, muscular strength, and flexibility. Personal training sessions are booked for 45 minutes per visit.

Please visit us at the Accora Centre or e-mail us at play@accoravillage.com for more info!

CONSULTATION*

With the exception of the Kick Starter Package, all new clients must purchase a consultation prior to beginning a personal training session. The purpose of the consultation is to allow you to meet your personal trainer and for the trainer to discuss the details of your personal fitness goals. Together you will build a fitness program that meets your specific needs.

KICK-STARTER PROGRAM

Are you just starting your fitness journey or getting back to the gym after a long break? Our certified Personal Trainers are there to motivate you along the way! The Kick Starter program is designed to get you into the groove with a routine built around your personal needs.

The package includes:

- **3 Month Platinum Membership**

- **Initial Consultation and Physical Assessment**

You'll break the ice by having a one-on-one meeting with your personal trainer. This will allow you to get to know one another on a professional level and for the trainer to discuss the details of your personal fitness goals.

You will also undertake a physical assessment that will include strength and flexibility measurements to set baseline goals. Together you will build a fitness program that meets your specific needs.

- **8 Personal Training Sessions**

Your Personal Trainer will go through your fitness program step by step, focusing on building proper technique and motivating you along the way. Booking the sessions is at the discretion of the client, however we do recommend seeing your trainer at least once per week.

- **Final Assessment**

You will have one final check-in with your Personal Trainer at the conclusion of your program to evaluate how far you've progressed. Your program will then be updated to keep you moving forward! If you feel that you would like to continue with your personal trainer, you will have the opportunity discuss the packages we offer.

PACKAGE TYPE	PRICE- PRIVATE	PRICE- SEMI-PRIVATE (2-3)
KICK STARTER	\$402	N/A
CONSULTATION*	\$24	\$18
1 SESSION	\$54	\$28
6 SESSIONS	\$276	\$156
12 SESSIONS	\$528	\$288
24 SESSIONS	\$1008	\$528