



# We FIT Your Life!



**Voted Readers Choice** by News Advertiser, Durham Business Times, and Durham Parent Magazine Readers!

- 2 Cardio Conditioning Rooms
- 3 High-tech Fitness Studios
- Weight Room & Indoor Running Track
- Whirlpool & Sauna
- 6 Squash Courts
- 2 Doubles Squash Courts

- 4 Indoor Tennis Courts
- 2 Racquetball Courts
- CSEP Certified Instructors & Fitness Staff
- Personal Training & Nutrition Services
- State-of- the-Art Equipment - iPod Ready!

Come in today and experience first hand why we are the best fitness club in Durham Region!



T. 905.683.6582  
TTY 905.420.1739



[cityofpickering.com/recreation](http://cityofpickering.com/recreation)  
[recreation@cityofpickering.com](mailto:recreation@cityofpickering.com)

Conveniently located in central Pickering at 1867 Valley Farm Road, between Brock Rd. and Liverpool Rd. just south of Highway #2.

# Memberships

## All Memberships include:

- 18+ membership change rooms, whirlpool and sauna
- swimming during all public swim times
- 15% discount on personal training
- 15% discount on nutrition services
- State-of-the-art cardio and strength equipment
- CSEP certified Health Club staff
- Member's referral program
- Discounted rates for Child Supervision
- On-site Wellness Spa and Physiotherapy Clinic



Ask about our low Youth and Student Rates!

Adults 65+ receive 50% off!

Families of 4 receive 25% off!

Health Club	Monthly*	Annual	Seasonal	
Basic	\$40.52	\$486.20	\$217.90	Includes unlimited use of all Cardio Rooms, Weight Equipment and Track.
Plus	\$48.91	\$586.95	\$264.12	All above plus unlimited Group Fitness in the Membership Studio.
Specialty	\$64.08	\$769.00	\$346.05	All above plus unlimited Group Fitness in the Mind / Body and Spin / Strength Studios.
Group Fitness	Monthly*	Annual	Seasonal	
Basic	\$31.41	\$376.95	\$157.50	Unlimited Group Fitness in the Membership Studios.
Specialty	\$46.58	\$559.00	\$251.55	All above plus Unlimited Group Fitness in the Mind / Body and Spin/Strength Studios.
Squash	Monthly*	Annual	Seasonal	
Basic	\$50.03	\$600.30	\$258.19	Enjoy pre-paid court fees for 6 International Courts and two new Doubles Courts. Unlimited use of all Cardio Rooms, Weight Equipment and Track. Fully stocked Pro Shop and a full-time CSRA Squash Professional on site.
Plus	\$56.35	\$676.20	\$304.29	All above plus unlimited Group Fitness in the Membership Studio.
Specialty		+\$200.00	+\$90.00	
Racquetball	Monthly*	Annual	Seasonal	
Basic	\$40.93	\$491.19	\$205.52	Enjoy pre-paid court fees, 2 Racquetball/Handball Courts. Unlimited use of all Cardio Rooms, Weight Equipment and Track. Part-time CSRA Racquetball Professional and Round Robins.
Plus	\$51.28	\$615.30	\$276.88	All above plus unlimited Group Fitness in the Membership Studio.
Specialty***		+\$200	+\$90	Add unlimited Fitness in the Mind/Body and Spin / Strength Studios to any Plus Membership.
Golden	Monthly*	Annual	Seasonal	
	\$131.25	\$1575.00	\$708.75	Unlimited Health Club, Group Fitness, Aquafit, Pre-paid Tennis, Squash and Racquetball (no court fees), Public Skating and Swimming.

Tennis	Monthly*	Annual	Seasonal	
Basic (resident)	\$42.97	\$515.61	\$217.08	Enjoy a 50% reduction in court rates; four Indoor Courts, access to a full-time level 3 Tennis Pro, Pro Shop and be eligible for leagues, ladders and tournaments. Unlimited use of all Cardio Rooms, Weight Equipment and Track.
Basic (non-resident)	\$48.60	\$583.25	\$245.21	
Plus (resident)	\$56.61	\$679.35	\$305.70	All above plus unlimited Group Fitness in the Membership Studio.
Plus (non-resident)	\$62.27	\$747.29	\$336.28	
Specialty***		+\$200	+\$90	Add unlimited Fitness in the Mind/Body and Spin/Strength Studios to any Plus Membership.

Family	Monthly*	Annual	Seasonal	
Health Club Basic	\$69.66	\$835.87	n/a	Family is defined as two adults (18 years of age and older) and their two children, ages 13 - 17 years, of their immediate family, all residing in the same household. ** see below
Health Club Plus	\$98.10	\$1177.14	n/a	See Health Club Plus Membership Description
Group Fitness Basic	\$65.63	\$787.50	n/a	See Group Fitness Basic Membership Description
Squash Basic	\$86.92	\$1042.98	n/a	See Squash Basic Membership Description
Squash Plus	\$111.86	\$1342.34	n/a	See Squash Plus Membership Description
Racquetball Basic	\$78.65	\$943.78	n/a	See Racquetball Basic Membership Description
Racquetball Plus	\$104.26	\$1251.11	n/a	See Racquetball Plus Membership Description
Tennis Basic (res)	\$82.53	\$990.40	n/a	See Tennis Basic Membership Description
	\$97.83	\$1173.92	n/a	
Tennis Plus (res)	\$113.64	\$1363.62	n/a	See Tennis Plus Membership Description
	\$125.24	\$1502.84	n/a	
Golden	\$251.57	\$3018.85	n/a	See Golden Membership description
Add Specialty Group Fitness \$200 Adult 1, \$100 Adult 2 for an individual. *** \$100 Child 1, \$50 Child 2				Add Unlimited Fitness in the Mind/Body and Spin/Strength Studios to any Plus Membership.

Please note: All fees are pre-tax, No further discounts available with this membership, \*Monthly payments are available with Full annual membership. \*\* Cousins and grandparents are not considered immediate family for this membership. Children between the age of 13 and 17 must successfully complete the FIT Club program, to be eligible to access the Health Club. Children under 13 are not eligible for this membership. A portion of this membership qualifies for the Children's Fitness Tax Credit. \*\*\* A Specialty Health Upgrade of \$200 per year is payable in advance. Specialty Health Participants must be 15 years +.

Personal Training, or the appearance of Personal Training, Personal Coaching, or the appearance of Personal Coaching is not permitted in the Pickering Recreation Complex. For a complete copy of this policy please contact the front desk.



# Group Fitness Schedules

Tuesday	Studio	Class	Instructor
6:30 - 7:20 am	B	Cycle Fit (R)	Lisa K.
7:30 - 8:20 am	A	ABS Plus	Lisa L.
8:30 - 9:20 am	A	Cardio Tone	Anne
8:30 - 9:20 am	B	Power Pump	Lisa L.
8:30 - 9:20 am	C	Yoga Fusion	Tina
9:30 - 10:20 am	A	Cardio Box (+)	Karen R
9:30 - 10:20 am	B	Cycle Fit (R,+)	Lisa K.
9:30 - 10:45 am	C	Hatha Yoga (R,+)	Tina
10:30 - 11:20 am	A	Beginner Step	Heidi
12:10 - 12:45 pm	A	Interval Challenge	Heidi
12:10 - 12:45 pm	C	Lunch Time Yoga	Gabrielle
1:30 - 2:30 pm	A	Osteo 1 (+)	Karen B.
5:00 - 5:50 pm	A	Zumba (+)	Emily
5:00 - 5:50 pm	B	Cycle Fit (+)	Matt V
6:00 - 6:50 pm	A	Ballistic (+)	Emily
6:00 - 6:50 pm	B	Kickboxing (R,+)	Jim
6:00 - 6:50 pm	C	Yoga Ashtanga (R,+)	Anne
7:00 - 7:50 pm	A	Work-it-Circuit	Lisa L.
7:00 - 7:50 pm	B	Cycle Fit (R,+)	Analesia
7:00 - 7:50 pm	C	Pilates Beg. (R,+)	Karen C.
8:00 - 8:50 pm	C	Yogalates. (R,+)	Wendy

Tuesday	Studio	Class	Instructor
6:30 - 7:20 am	B	Power Pump (R)	Lisa L.
6:30 - 7:45 am	C	Hatha Yoga (R)	Tina
8:30 - 9:20 am	A	Stretch & Strengthen (NT)	Heidi
9:30 - 10:20 am	A	Step (+)	Cynthia
9:30 - 10:20 am	B	Cycle Fit (R,+)	Analesia
9:30 - 10:20 am	C	Yoga Beg/Intermed (+)	Tina
10:30 - 11:20 am	C	Taoist Tai Chi (R,+)	Shelia
11:00 - 12:00 pm	A	Osteo Fit 2 (+)	Anne
12:10 - 12:45 pm	B	Cycle Fit	Analesia
1:10 - 1:45 pm	A	Zumba (+)	Analesia
5:00 - 5:50 pm	A	Family Fit Cardio Box (6+,R,+)	Lisa K.
5:00 - 5:50 pm	B	Power Pump (R,+)	Tennille
6:00 - 6:50 pm	A	Box/Step (+)	Karen R
6:00 - 6:50 pm	B	Cycle Fit (R,+)	Tennille
6:00 - 6:50 pm	C	Pilates Beg. (R,+)	Vicky
7:00 - 7:50 pm	A	Cardio Core (N,+)	Lisa L.
7:00 - 7:50 pm	C	Yoga & Meditation (R,+N)	Gabrielle
8:00 - 8:50 pm	B	Kick Boxing (R)	Jim
8:00 - 8:50 pm	A	Zumba	Analesia
8:00 - 8:50 pm	C	Yogalates (R)	Wendy

Wednesday	Studio	Class	Instructor
6:30 - 7:20 am	A	Interval Challenge	Lisa L.
8:30 - 9:20 am	A	ABS Plus	Heidi
8:30 - 9:20 am	C	Yogalates	Gabrielle
9:30 - 10:20 am	A	Cardio Groove (+)	Donna
9:30 - 10:20 am	B	Cycle Fit (R,+)	Lisa K.
9:30 - 10:45 am	C	Hatha Yoga (R,+)	Tina
10:30 - 11:20 am	A	Strictly Low (+)	Karen B.
12:10 - 12:50 pm	C	Lunchtime Yoga (N)	Gabrielle
5:00 - 5:50 pm	B	Teen Kick Boxing (R,+)	Jim
6:00 - 6:50 pm	A	Work-it-Circuit (+)	Donna
6:00 - 6:50 pm	B	Kickboxing (R,+)	Jim
6:00 - 6:50 pm	C	Yoga Ashtanga Beg. (R,+)	Tina
7:00 - 7:50 pm	A	Zumba Toning (N,+)	Cynthia
7:00 - 7:50 pm	B	Cycle Fit (R,+)	Tennille
7:00 - 7:50 pm	C	Tai Chi / Chi Kung (R,+)	Karen B.
8:00 - 9:15 pm	C	Yoga Advanced (R)	Anne

Thursday	Studio	Class	Instructor
6:30 - 7:20 am	B	Power Pump (R)	Lisa L.
8:30 - 9:20 am	A	Step	Emily
8:30 - 9:20 am	C	Yogalates (N)	Gabrielle
9:30 - 10:20 am	A	Cardio Tone (+)	Karen B.
9:30 - 10:20 am	B	Power Pump (R,+)	Lisa L.
10:30 - 11:20 am	A	Osteo Fit 2 (+)	Karen B.
12:10 - 12:45 pm	A	Interval Challenge	Donna
1:10 - 1:50 pm	C	Hatha Yoga	Tina
4:00 - 4:50 pm	C	Teen Yoga (R)	Tina
5:00 - 5:50 pm	B	Cycle Fit Fusion (NT,+)	Lisa L.
5:00 - 5:50 pm	C	Gentle Yoga (R,PNTL,+)	Tina
6:00 - 6:50 pm	A	Work-it-Circuit (+)	Heidi
6:00 - 6:50 pm	B	Cycle Fit (+)	Lisa L.
6:00 - 6:50 pm	C	Family Fit Yoga (R,+)	Gabrielle
7:00 - 7:50 pm	A	BOSU / Ballistic (+)	Heidi
7:00 - 7:50 pm	B	Power Pump (N,+)	Lisa L.
7:00 - 7:50 pm	C	Pilates Beg. (R,+)	Wendy
8:00 - 9:15 pm	C	Yoga for Relaxation	Gabrielle

Friday	Studio	Class	Instructor
6:30 - 7:20 am	B	Cycle Fit	Analesia/Lisa
8:30 - 9:20 am	A	BALListic (+)	Emily
8:30 - 9:20 am	C	Yoga	Anne
9:30 - 10:20 am	A	Zumba (+)	Emily
9:30 - 10:20 am	B	Power Pump (R,+)	Donna.
9:30 - 10:20 am	C	Pilates Beg. (R,+)	Anne
10:30 - 11:20 am	A	Stretch & Strengthen (+)	Donna
1:10 - 1:50 pm	B	Cycle Fit	Analesia/Lisa
6:00 - 6:50 pm	A	ABS Plus	Lisa L.
7:00 - 7:50 pm	C	Belly Dancing	Josie

Saturday	Studio	Class	Instructor
8:30 - 9:20 am	A	Work-it-Circuit	Lisa L.
8:30 - 9:20 am	B	Beginner Cycle Fit (R,+)	Matt V.
9:30 - 10:20 am	A	ABS Plus (+)	Lisa L.
9:30 - 10:20 am	B	Cycle Fit (R,+)	Matt V.
9:30 - 11:00 am	C	Yoga Intermed. (R,+)	Tina
10:30 - 11:20 am	B	Power Pump (R,+)	Lisa L.
11:30 - 12:20pm	C	Yogalates (R,+)	Wendy
11:30 - 12:20pm	A	Zumba Toning	Cynthia

Sunday	Studio	Class	Instructor
8:30 - 9:20 am	C	Tai Chi (R,+)	Shelia
9:30 - 10:20 am	A	Cardio Core (N,+)	Lisa L.
9:30 - 11:00 am	B	Cycle Fit (R,+)	Matt V./ Lisa K
9:30 - 10:20 am	C	Pilates Beg. (R,+)	Vicky
10:30 - 11:20 am	A	Zumba (+)	Analesia
12:10 - 1:00 pm	A	Urban Cardio Groove (N)	Analesia

## Class Participation Age Guidelines

Members Studio A:13+ Studios B & C:15+  
Family Programs: as noted (child must be accompanied by at least 1 adult)

## Class Legend

(NT) New Time (N) New (PNTL) Prenatal Appropriate Class  
(+) Child Supervision Available during class  
(R) Drop In and Registered Spaces Available see Leisure Guide for details

Group Fitness Rates	Drop-In Members	Plus Members	Specialty Members
Studio A	\$8.20	included	included
Studio B, C & Pool	\$12.00	\$6.00	included
Family classes	\$10.50	included	included

Family fee includes 1 adult & 1 child, \$2.50 for additional family members

Specialty Classes in Studios B, C and the Pool are included in Super, Specialty, Golden & Platinum memberships

## Membership Studio A Class Descriptions

**Abs Plus:** This awesome workout is guaranteed to get you moving! Tighten your entire body and learn the best moves to condition and strengthen your abs.

**BALListic:** Experience a challenge but fun workout by combining cardio vascular conditioning with stability ball exercises.

**BOSU:** Skills and drills on the BOSU balance trainer. A little cardio, a little strength training, a great workout!

**BOSU/BALListic:** An integrated class using two popular pieces of equipment! A fun change up!

**Box/Step:** Now enjoy two favourite classes in one. Easy to follow combinations of step, kickboxing and high intensity intervals, this class has it all - strength, core and endurance training.

**Cardio Box:** A combination of kickboxing moves, as well as, dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals of strength/endurance training, and a relaxing cool-down.

**Cardio Tone:** Simply add muscle conditioning to a Hi/Lo Cardio class for a full body workout.

**Heart Healthy:** Safe exercise for fibromyalgia, chronic fatigue, arthritis, joint replacement, diabetes, high blood pressure, angina, heart attack, by-pass surgery, obesity or stress. Perfect if you need a laid back class.

**Interval Challenge:** Alternates moderate and high intensity bursts of cardio together with strength conditioning for a full body workout.

**Osteo I & II:** Weight bearing & resistance exercise is used in a gentle manner that ensures you maintain & possibly increase your bone mass. L1=beg; L2=intermed.

**Step:** Add muscle conditioning to a Step Class - it's great cross training for your heart, legs and arms!!

**Stretch & Strengthen:** A great combination of muscle conditioning and relaxation.

**Strictly Low Cardio:** Great for beginners or those who prefer low impact classes - no bouncing in this class! 45 minutes of pure cardio - no muscle conditioning.

**Work-it-Circuit:** This fast-paced, high energy circuit will make you sweat! Alternate between cardio and muscle conditioning stations - no fancy foot work required!

**Zumba:** This extremely popular, dance based class will get you moving with high energy Latin beats.

## Spin/Strength Studio B Class Descriptions

**Beginner Cycle Fit:** Always wanted to try a Cycle Fit class, but were a bit intimidated? This is the class for you! Still a great ride, but learn the basics at a moderate intensity.

**Cycle Fit:** Build stamina and muscle endurance in this motivating, high intensity class! Our certified cycle instructors will take you on the ride of your life. Bring LOTS of water!

**Cycle Fit Fusion:** 1/2Cycle Fit, 1/2Power Pump. The perfect mix for the spin/strength lover!

**Kick Boxing:** Develop timing, balance, coordination, power, speed, agility and flexibility, all in one high-powered workout!

**Teen Kick Boxing:** Everything you would expect in typical Kick Boxing only geared towards the teenage population (15+). Meet new friends while developing new skill!



## Studio A & B Guidelines

Bring a towel and water. Please wear clean, close-toed running or cycle shoes. No jeans please. There are small cubbies available inside the studios for valuables. All bags, jackets, outdoor shoes and other such items must be left outside the studio. Sorry, due to health and safety concerns, no outside equipment can be used in classes (i.e. personal bike peddles, etc.). Participants must be 13 years and older in Studio A and 15 years and older in Studio B.

Please note: Pickering Recreation Complex reserves the right to change schedules, instructors or classes as needed in any studio without compensation or notice. Modified schedules during holidays, professional development days and maintenance.

# Mind & Body Studio C

## Class Descriptions

**Ashtanga Yoga/Yoga Fit:** A dynamic yoga class suited for participants looking for a more rigorous practice. This class offers the mental relaxation of the gentler yogas but provides the workout of a more traditional fitness class.

**Belly Dancing:** Learn the intricate details of this ancient art in a soothing and fun workout!

**Chen Tai Chi/Chi Kung:** Combine the slow graceful stretching movements of Tai Chi with Chi Kung's stationary standing exercises that combine stretching & breathing.

**Hatha/Gentle Yoga (PNTL):** The slower paced nature of this class makes it appropriate for those with medical concerns or anyone searching for a way to incorporate more flexibility into their overall fitness regime. PNTL indicates this class is also suitable for pregnant women - please advise the instructor.

**Pilates (Beginner):** A no-stress, effective approach to stronger, leaner muscle & fabulous posture. An emphasis on movement quality, posture and breathing makes Pilates mat work a safe, challenging and revitalizing workout. Your core will be stronger than ever.

**Pilates (Intermediate):** Take it to the next level of Pilates challenge. After completing at least two sessions of Pilates mat work, you may be ready for a new intensity. More difficult poses and movements will keep your body progressing

**Tai Chi:** is an ancient Chinese exercise for health. The slow graceful stretching movements can help you relax and strengthen both body and mind.

**Vinyasa/Sunrise Yoga:** A dynamic method of practicing asanas or yoga postures. Flowing style of yoga that focuses on body alignment, physical conditioning and mindfulness.

**Yoga:** Highlights from various styles of yoga. Highly recommended for the individual who likes an integrated approach. All levels welcomed.

**Yogalates:** Experience the relaxation and toning benefits of this combination class - yoga and Pilates - the best of two worlds.

**Yoga for Relaxation:** Discover yoga for relaxation as a tool for working towards living more stress-free. The body's natural relaxation response is a powerful antidote to stress. Relaxation techniques such as yoga can help you activate this relaxation response. When practiced regularly, yoga and lead to a reduction in your everyday stress levels and a boost in your feelings of joy and serenity!

**Yoga Fusion:** This workout consists of all the different yoga styles and may incorporate yoga therapy for rehabilitation purposes. This relaxing yet challenging class will make use of different props and equipment to get you conditioned.

**Yoga/Sculpt:** Add light resistance training to your yoga practice incorporating Therabands, weighted balls and dumbbells.



Monday	Class	Barcode
8:30 - 9:20 am	Yoga Fusion	
9:30 - 10:45 am	Hatha Yoga (R,+)	62051
6:00 - 6:50 pm	Yoga Ashtanga (R,+)	61274
7:00 - 7:50 pm	Pilates Beg. (R,+)	61259
8:00 - 8:50 pm	Pilates Intermed. (R)	61266
Tuesday	Class	Barcode
6:30 - 7:45 am	Hatha Yoga (R)	62052
9:30 - 10:20 am	Yoga Beg/Intermed (+)	
10:30 - 11:20 am	Taoist Tai Chi (R,+)	61269
6:00 - 6:50 pm	Pilates Beg. (R,+)	61260
8:00 - 8:50 pm	Yogalates (R)	61278
Wednesday	Class	Barcode
8:30 - 9:20 am	Yogalates	
9:30 - 10:45 am	Hatha Yoga (R,+)	62053
12:10 - 12:50 pm	Lunchtime Yoga (N)	
6:00 - 6:50 pm	Yoga Ashtanga Beg. (R,+)	61276
7:00 - 7:50 pm	Tai Chi / Chi Kung (R,+)	61270
8:00 - 9:15 pm	Yoga Advanced (R)	61277
Thursday	Class	Barcode
6:30 - 7:20 am	Sun Rise Yoga (N)	
8:30 - 9:20 am	Yogalates (N)	
1:10 - 1:50 pm	Hatha Yoga	
4:00 - 4:50 pm	Teen Yoga (R)	60661
5:00 - 5:50 pm	Gentle Yoga (R,PNTL,+)	61331
6:00 - 6:50 pm	Family Fit Yoga (R,+)	60652
7:00 - 7:50 pm	Pilates Beg. (R,+)	61261
8:00 - 9:15 pm	Yoga for Relaxation	
Friday	Class	Barcode
8:30 - 9:20 am	Yoga	
9:30 - 10:20 am	Pilates Beg. (R,+)	61262
7:00 - 7:50 pm	Belly Dancing	
Saturday	Class	Barcode
9:30 - 10:20 am	Yoga Intermed. (R,+)	61272
Sunday	Class	Barcode
8:30 - 9:20 am	Tai Chi (R,+)	61268
9:30 - 10:20 am	Pilates Beg. (R,+)	61263

## Mind & Body Studio C Guidelines

Please bring your own mat for Pilates and yoga classes. Please remove shoes before entering the studio. For Tai Chi please wear clean, close-toed shoes. There are small cubbies available inside the studios for valuables. No jeans, outdoor shoes, bags or jackets in the studio please. Studio C participants must be 15 years and older.

# PICKERING RECREATION COMPLEX

## Winter Specials

Get started on the new you with the great beginnings package from Pickering Recreation Complex. Package includes:

3 personal training sessions  
3 nutrition sessions

And a 3-month Specialty Health Membership:  
unlimited group fitness, health club, aquafit and  
swimming.

**Only \$350** (plus hst)

### Home for the Holidays Student Special

Students 18 years plus can take advantage of a \$35 Specialty Squash Membership including unlimited use of the cardio rooms, weight room, group fitness classes, singles and doubles squash, swimming and membership change rooms. Valid December 1 - January 3, must show valid student ID.

### Free Wi-Fi

Enjoy free access to Wi-Fi at Pickering Rec Complex.

### Family Memberships spend some quality time together!

Families can get healthy together at Pickering Recreation Complex. All memberships include unlimited swimming. You can add on group fitness, squash, tennis or racquetball. With group fitness your entire family can attend family fitness classes for free. Ask our staff for details.

### Free Group Fitness & Aquafit!

Food for Fitness event. Bring a food bank donation on Wednesday, December 14 and receive free admission to the group fitness class of your choice.

Must meet minimum age requirements for classes. Bring a food bank donation the week of December 19 - 23 and receive a free aquafit class.

### Step It Up for Members

All members receive 25% off nutrition services in January and February. Limited space available, book early.

### March Madness

'Buy-one-get-one' on all pay-as-you-go fitness classes and health club visits during March Break. Offer valid March 10 - 16, 2012.

### March Madness

Always available ... any activity, and denomination: \$10, \$25, \$50, you choose it's your gift!

905.683.6582 TTY 905.420.1739  
cityofpickering.com/recreation  
recreation@cityofpickering.com  
1867 Valley Farm Road, Pickering ON

Offers valid only during the period listed, some conditions apply

## Pay-As-You-Go

Pickering Recreation Complex offers "Try Us" rates so you can experience the best we have to offer without the long-term commitment. "Try Us" rates include public swimming, use of the public and family changerooms.

- \$11.68 **Health Club**
- \$8.20 **Basic Group Fitness** (studio A - 13+)
- \$12.00 **Specialty Group Fitness** (studio B or C - 15+)
- \$10.50 Family Group Fitness (includes one adult & one child)**

### Squash/Racquetball (per 2 players)

- \$13.35 per court prime time
- \$10.89 per court non-prime time

### Tennis

- \$33.01 per court prime time
- \$26.02 per court non-prime time

Prime time is defined as: Monday - Friday from 5:00 pm - 11:00 pm and Saturday & Sunday from 7:00 am - 5:00 pm.

Swim Passes	Single	Seasonal	Annual
Adult	\$3.49	\$75.10	\$169.90
Youth/Senior	\$2.23	\$48.19	\$113.39
Family	\$7.00	\$111.61	\$297.63

## Health Club Orientations

Free Health Club Orientations Wednesday mornings and Thursday evenings. Professional tips with no pressure to help get you started. Reserve your spot, call 905.683.6582 or email [fitness@cityofpickering.com](mailto:fitness@cityofpickering.com) to reserve your spot.

## Membership Perks & Incentives!

Watch throughout the year for fantastic perks, workshops and incentives just for members! Annual members may give up to 3 free trial memberships a year, to family and friends, earning up to a three-month extension.



## Nutritional Counselling

Start making the healthy choice today! The Registered Dietitians at Pickering Recreation Complex offer programs, workshops and one-on-one counselling. Our Dietitians can help you make a plan that's right for your nutritional concerns. Some health plans will cover the cost of nutritional counselling; call your provider to see if you are covered. For information call 905.683.2760 ext. 3271.

### Rates (15% discount for members)

- \$85 initial 1-hour consultation (assessment, goals & action plan)
- \$40 follow-up appointments

## Personal Training

Our trainers will provide you with results-oriented workouts that are fun and leave you feeling better than you've felt before.

Benefit from our trainers' experience, knowledge and commitment. For details call 905.683.6582.

### Rates (15% discount for members)

- 6 Pack of Training \$428.99 (\$71.50 per session)
- 12 Pack of Training \$772.20 (\$64.35 per session)
- 18 Pack of Training \$1102.56 (\$55.70 per session)

## Why Not Bring the Kids?

Pickering Recreation Complex offers a wide variety of pre-school, children's and youth programming. Why not register your child to participate in a program while you work out.

Infants and Children (6 months – 10 years) can spend time enjoying **The Rec Room** with great staff and age-appropriate activities.

## Hours of Operation

- Monday - Thursday:** 8:45 am - Noon, 12:30 pm - 3:30 pm & 4:45 pm - 8:00 pm,
- Fridays:** 8:45 am - Noon
- Saturday & Sunday:** 8:15 am - Noon
- Reduced hours throughout the summer months

### Rates:

- Members: \$3.50 per hour, \$1.75 per 30 minutes
- \$35.00 for a 10-hour pass
- Non-Members: \$5.00 per hour, \$2.50 per 30 minutes
- \$50 for a 10-hour pass

\*\$2.50 for additional family members (at 1 adult per family must attend)



## Hours of Operation

- Monday to Friday 6:00 am to 11:00 pm
- Saturday & Sunday 7:00 am to 9:00 pm

**Fitness Staff are available during all operating hours to assist you with your health & fitness questions!**