

## Fitness Centre Memberships

### Penhold Gold Plus Membership

This membership is for the individual who mostly enjoy fitness classes with an occasional workout in the fitness centre. With purchase of the Gold Plus membership you are entitled to attend an unlimited number of fitness classes per month, use the fitness centre, running track, and use of a 24 hr fob (no deposit required).

	Monthly	EFT Amount	Annual
<b>Adult (18-54)</b>	\$60.00	\$54.00	\$612.00
<b>Student/Corp</b>	\$55.00	\$49.50	\$561.00
<b>Senior (55+)</b>	\$45.00	\$40.50	\$459.00

### Penhold Gold Membership

This membership allows you to access a lot of what the Multiplex has to offer. With purchase of the gold membership you are entitled to the use of the Fitness Centre including a 24 hour fob (no deposit required), running track, 5 drop-in fitness classes per month.

	Monthly	EFT Amount	Annual
<b>Adult (18-54)</b>	\$45.00	\$40.50	\$459.00
<b>Student/Corp</b>	\$40.00	\$36.00	\$408.00
<b>Senior (55+)</b>	\$35.00	\$31.50	\$357.00

### Penhold Silver Membership

This membership is for the individual who just wants to access the Fitness Centre and running track; it is most similar to our current memberships. If you don't have much interest in drop-in gym, hockey or fitness classes this is probably the membership you are looking for. 24 hour membership is available with this tier, however you would be required to pay the \$50 refundable deposit. Through this membership students between the ages of 13 and 17 are entitled to a reduced rate if they complete the Youth Smart Start (YSS) orientation.

	Monthly	EFT Amount	Annual
<b>Adult (18-54)</b>	\$40.00	\$36.00	\$408.00
<b>Student/Corp</b>	\$32.00	\$27.00	\$326.00
<b>YSS (13-17)</b>	\$20.00	\$20.00	\$204.00
<b>Senior (55+)</b>	\$20.00	\$18.00	\$204.00

### Penhold Bronze Membership

If all you require is the running track look no further. As done previously, you can access just the running track for either a drop-in or monthly fee, or you can utilize a ten punch card. Members of the Seniors Outreach have free use of the running track. Youth 17 years and younger must obtain parental permission from a parent or guardian and children under 10 need to be accompanied by a parent/guardian. Strollers are welcome on the track.

	<b>Day Pass</b>	<b>10 Punch Pass</b>	<b>Monthly</b>
<b>Child (0-9)</b>	FREE	FREE	FREE
<b>All Ages 10+*</b>	\$2.00	\$18.00	\$15.00

### Penhold Day Passes

If a month membership isn't what you are looking for, we also offer a day rate for both the Fitness Centre/track use and a drop-in fee to a fitness class (limited to one class).

	<b>Day Pass- Gym</b>	<b>Day Pass-1 Class</b>
<b>Adult (18-54)</b>	\$8.00	\$9.50
<b>Student/Corp</b>	\$6.00	\$7.50
<b>Senior (55+)</b>	\$5.00	\$6.50

### Penhold 10 Punch Pass

This 10 punch pass is good for either the Fitness Centre or drop-in fitness classes. If you are an occasional gym goer or class goer this is most likely the membership for you. The rates for this punch pass are calculated upon the gym drop-in fee and fitness class drop-in fee – there is no longer a separate punch card for the Fitness Centre and fitness classes. This punch pass will not permit unlimited access to the Fitness Centre when purchased.

	<b>10 Punch Pass</b>
<b>Adult (18-54)</b>	\$72.00
<b>Student/Corp</b>	\$55.25
<b>Senior (55+)</b>	\$46.75

**Family Memberships**

Family memberships are available at the Penhold Fitness Centre. We offer memberships for a family of three, family of four, and family of five (+). In order to qualify for a family membership there must be one to two parents/guardians (18+) and all children attached to the parent/guardian must be 17 years or younger, all family members on the account must reside at the same residence. Family memberships are automatically considered to be in the silver tier, if a family wishes to make their membership a gold level membership they will be required to pay an additional \$25.00 per month.

	<b>Monthly</b>
<b>Family of 3</b>	\$75.00
<b>Family of 4</b>	\$100.00
<b>Family of 5 or more</b>	\$125.00

# Fitness Centre Personal Training

## Personal Training Rates – Contract Trainers

The Fitness Centre offers personal training session with contracted trainers. By using a contracted trainer the member directly pays the Fitness Centre and the trainer is then paid their fees from there. This personal training options removes the hassle of finding a trainer on your own and allows the Fitness Centre to do all the organizing for you.

	<b>1 Person</b>	<b>2 People</b>	<b>3 People</b>	<b>4 People</b>
<b>1 session</b>	\$50.00	\$73.50	\$100.00	\$125.00
<b>3 sessions</b>	\$142.50	\$209.50	\$285.00	\$356.25
<b>5 sessions</b>	\$225.00	\$330.75	\$450.00	\$562.50
<b>10 sessions</b>	\$425.00	\$624.75	\$850.00	\$1062.50
<b>20 sessions</b>	\$800.00	\$1176.00	\$1600.00	\$2000.00

## Personal Training Rates – External Trainers

The Fitness Centre wants to encourage everyone to get their best workout, so if that means you need a trainer who isn't contracted that is 100% fine! This method of personal training essential removes the Fitness Centre from the organizing process. The trainer is responsible for paying the below training fee plus either a monthly membership or day pass, and the member is required to either pay a drop-in fee or maintain their monthly membership. To find out more about the requirements for an external trainer please talk with the Penhold Fitness Centre staff.

<b>Hourly – 1 Person*</b>	<b>Small Group – 2-3 people**</b>	<b>Day Rate</b>	<b>Monthly Rate</b>
\$15.00	\$25.00	\$40.00	\$250.00
<b>*Maximum two hours</b> <b>**Hourly Rate</b>			