



## Health Club

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

### Facility highlights:

- Treadmills, bikes and ellipticals
- Resistance training machines
- Dumbbells, benches and racks
- Personal trainers on staff

Call **519.688.3009 ext.4230** for more information.

### Health Club Hours

Days	As of September 6
Mon - Fri	5:30 AM - 9:00 PM
Sat	7:30 AM - 5:00 PM
Sun	9:00 AM - 5:00 PM

### Health Club Admission

Adult	
Day Pass	\$10.95
5 Passes	\$48.30
10 Passes	\$94.50
20 Passes	\$181.05

Student/Senior*	
Day Pass	\$10.95
5 Passes	\$27.55
10 Passes	\$49.90
20 Passes	\$89.50



### Health Club Memberships

Type	1 Month	3 Months	6 Months	1 Year
Student/Senior*	\$62.95	\$173.30	\$214.20	\$337.80
Adult	\$77.80	\$204.30	\$298.10	\$457.05
Family	\$175.50	\$437.90	\$653.55	\$916.35

\* Seniors 60 years and older

### Memberships include:

- Access to the weight and cardio studio and squash courts
- All scheduled swims at the indoor pool\*\*
- Health club orientation session (one session; by appointment)
- Couples discount: 10% off second membership (cannot be combined with other discounts)
- Plus, receive a 20% discount on Adult Fitness, Aqua Fit, Aqua Jogging & Aqua Cycling (excludes pay-as-you-go)

**Note: \*\*No pool access during pool closure. No discounts or refunds.**



### Help Us Keep Our Facility Safe & Enjoyable For All Our Members

- Upon arrival, sign in at the Health Club desk
- 10 - 12 year olds must be accompanied by an adult (18 years+)
- Wear appropriate gym wear (i.e. no outdoor shoes, jeans, bare feet or open toed shoes)
- Clean equipment after each use
- Do not use chalk; gloves are recommended
- Do not bring food
- Respect others at all times and maintain a safe environment