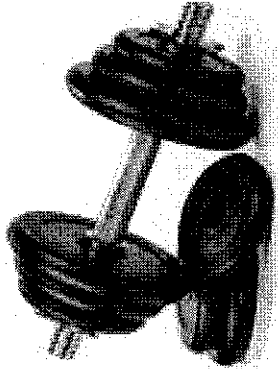


Health Club

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
- Squash courts



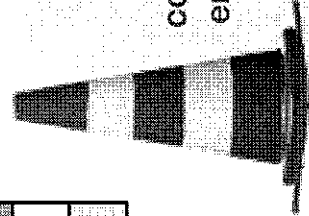
Call **519.688.3009 ext.4230** for more information.

Health Club Hours

Days	As of January 2
Mon - Fri	5:30 AM - 9:00 PM
Sat & Sun	8:00 AM - 4:00 PM

Closed:

- Dec 24; Dec 31 at 11:30 AM
- Dec 25 - 26 • Jan 1
- Feb 19, Mar 29, Apr 1



Unexpected schedule interruptions may occur due to construction. Provide us with your email address and we'll notify you when there are changes.

Health Club Admission

Adult	
Day Pass	\$11.80
5 Passes	\$52.00
10 Passes	\$101.70
20 Passes	\$194.70

Student/Senior*	
Day Pass	\$11.80
5 Passes	\$29.70
10 Passes	\$53.70
20 Passes	\$96.30

* Seniors 60 years and older

Health Club Memberships

* Seniors 60 years and older

Type	1 Month	3 Month	1 Year	Health Club PLUS Annual Membership
Student/Senior*	\$67.70	\$154.40	\$363.30	\$674.80 /year
Adult	\$83.70	\$184.60	\$491.50	\$674.80 /year
Family	\$188.80	\$416.40	\$985.50	-

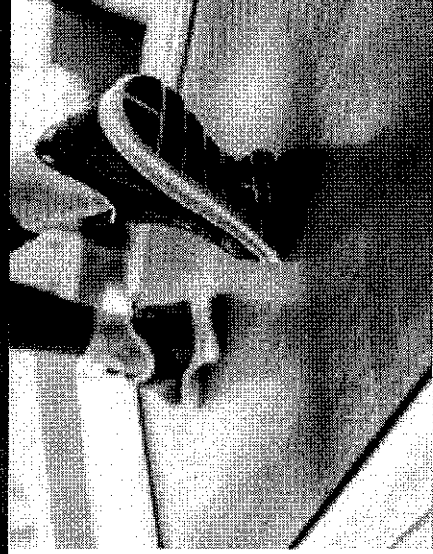
Health Club Memberships include:

- Access to the weight and cardio studio and squash courts
- 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 and Personal Training (excludes pay-as-you-go)

Note: During construction there may be limited, or no access to changerooms.

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



Health Club PLUS

Annual membership includes all regular membership benefits **PLUS access to all drop-in fitness classes!** (pool/classes excluded)