

Fitness Centre

The Tim Horton Events Centre provides a fitness centre of 500 square feet which includes new equipment for patrons to enjoy. Also available are custom fitness programs as well as specialty classes such as spinning, yoga and step.

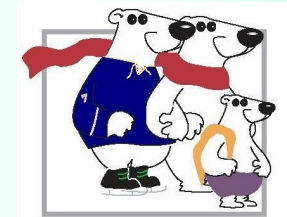
For more information and availability, please call
705-272-5084 x4



Fitness Centre Rules and Regulations

- All members and guests must sign-in upon entering the Facility.
- Foot covering must be worn at all times in the facility as well as the entirety of the Tim Horton Events Centre. All footwear must be clean at all times as grit, sand or debris will seriously damage equipment components.
No street shoes are permitted.
- All person using the Facility must be properly attired in standard workout clothes (i.e.: leotards, gym shorts, jogging suits, etc.) while in the exercise areas.
- All persons utilizing the Facility must wear shirts (covering chest and back) at all times.
- Profanity and hardcore breathing is not allowed in the facility and persons using the Facility shall not yell across the room.
- No sound system with speakers are permitted in the Facility other than the internal sound system used in the Facility. Only personal audio devices or MP3 players utilizing personal headphones are permitted.
- No audio, video, or photographic recording equipment or cameras of any kind (including cell phones containing cameras) are permitted in any portion of the Facility.
- All weights must be returned to proper racks when finished.
- No littering or leaving debris on the floor of the Facility.
- All persons utilizing free weights are required to use all safety equipment and locking devices provided.
- All persons are asked to wipe down equipment and seats using towels and disinfectant supplied.
- Weights are not to be dropped on the floor at any time.
- Personal belongings are not allowed in the Fitness Centre. Leave in locker or lobby area.

Fitness Centre



Tim Horton Events Centre

7, Tim Horton Drive
Cochrane, Ontario P0L 1C0

Phone: 705-272-5084

Fax: 705-272-4174

E-mail:

chantal.joanis@cochraneontario.com



FITNESS CENTRE



Daily Admissions:

Adult (19-59) \$ 9.90
Youth (12-18) / Senior \$ 8.80

Monthly Membership:

Adult (19-59) \$ 74.60
Youth(12-18) / Senior \$ 68.85

3 Months Membership:

Adult (19-59) \$ 177.90
Youth (12-18) / Senior \$ 143.45

6 Months Membership:

Adult (19-59) \$ 258.20
Youth (12-18) / Senior \$ 195.10

Yearly Membership:

Adult (19-59) \$ 413.20
Youth / Senior (12-18) \$ 344.30

Personal Training Workout Programs

\$30.00/hr \$ 50.00

Yearly Complex Fee

Adult \$623.65
Youth/Senior \$487.65

Spring Hours of Operation

Monday to Thursday
9:00am to 8:00pm

Friday
9:00am to 7:00pm

Saturday & Sunday
9:00am to 2:00pm

Please make sure to
provide membership
cards at all times

Please bring indoor
shoes, no outside
permitted in fitness
center

All Classes / Per Class:

Regular:
With Yearly
Membership:

\$9.00
\$7.00

Program Schedule

April 3rd to June 23rd , 2017

Monday 21-DAY X4 Challenge 6:30-7:30AM
Aqua Stretch 10:00-11:00AM
Spinning 6:00-7:00PM

Tuesday 21-DAY X4 Challenge 6:30-7:30AM
Aqua Fitness 10:00-11:00AM
Step 6:00-7:00PM

Wednesday 21-DAY X4 Challenge 6:30-7:30AM
Senior Yoga 10:00-11:00AM
Yoga 5:30-6:30PM

Thursday 21-DAY X4 Challenge 6:30-7:30AM
Aqua Stretch 10:00-11:00AM
Spinning-Rowing 6:00-7:00PM

Friday 21-DAY X4 Challenge 6:30-7:30AM

Spin Classes 12 classes \$86.00
All Access 30 Any Classes \$215.00

*For more information about our programs, please
contact Chantal Joanis at 705-272-5084 x4*