

# BIGGER & BETTER

Larger WEIGHT ROOM and new FITNESS STUDIO NOW OPEN at West Shore Parks & Recreation

West Shore Parks & Recreation Society is delighted to announce the Grand Opening of an expanded Weight Room and dedicated Fitness Studio **NOW OPEN** at Juan de Fuca Recreation Centre.

With a generous contribution of \$724,900 from Recreational Infrastructure Canada (RiNC) received through Western Economic Diversification Canada, West Shore Parks & Recreation Society is able to provide patrons with over 9000 square feet of health and wellness facilities and new equipment.

## THE WEIGHT ROOM

At a total of 6555 square feet, the expanded weight room provides twice the space to work out, with more room for stretching, floor work, and functional exercise. Natural light and a new air handling system provide a cool, comfortable atmosphere. The single level weight room with automatic door entry is fully accessible to all and will meet the increasing demand for fitness facilities and programs in the West Shore. Check out our selection of exciting new weight training programs such as Fit Beginnings, NRGize Circuit Training, 50 Plus Weight Training, TRX Suspension Training, Trainer's Tips and Trainer's Workout, Women & Weights, Change Up Your Workout, and Adapted Weight Training.

You still find Weight Room favorites such as The Biggest Winner – Level 1 & 2, Personal Training, Get On the Ball, Comprehensive Exercise Rehabilitation, and the Take Heart Cardiac Rehabilitation Program.

## Cardio Equipment 34 Machines

- 8 Treadmills
- 4 Elliptical Trainers
- 2 Octane Trainers
- 6 Upright Bikes
- 4 Recumbent Bikes
- 1 Espresso Bike
- 2 Step Climbers
- 2 Rowers
- 2 NuSteps
- 1 Sci Fit Ergometer
- 2 Spin Bikes

## Weight Training Over 40 pieces

- Upper and lower body equipment
- Power racks
- Olympic benches
- 2 Cable X-Over systems
- Dual Adjustable pulley and grappler

## Free Weight Equipment

- Dumbbells from 1 lb. to 120 lbs
- Weight Plates from 2.5 lbs to 45 lbs
- Fixed Barbells from 20 lbs to 120 lbs
- Body Bars

## Specialty Equipment

- 8 TRX Suspension Trainers
- 32 ft of stainless steel chin-up bars
- Small equipment station with bosus, balance boards, medicine balls, stability balls, and tubing.

## THE FITNESS STUDIO

The much needed 2775 square foot dedicated Fitness Studio is complete with sport flooring, an air handling system for temperature control, a fabulous sound system and is located conveniently next to the weight room and change rooms. Outfitted with 12 Keiser Spin Bikes and updated equipment this custom built fitness room will allow for a wider selection of programs.

We can now offer over 35 fitness classes per week including new programs such as; 2 B Fit, Fusion Fitness, Power Circuit, Step It Up, Stroller Fit, Spynga, Spin Bike Classes, Zumba and X-Fitt.

## WORK OUT WITH US

Looking to drop in? A single Adult drop-in pass \$6.10 (Students \$4.45) while memberships are \$56.85 for a One Month Pass, \$144.70 for 3 Months and an Annual Pass is \$409.00 and don't forget you can use the pool, hot tub and sauna too!

For more information and schedules visit us online at [www.westshorerecreation.ca](http://www.westshorerecreation.ca)



KEISER M3 SPIN BIKES & MORE  
Drop in and see what else is new!



MADE POSSIBLE WITH A CONTRIBUTION FROM RECREATIONAL INFRASTRUCTURE CANADA (RiNC)

# GRAND OPENING! Monday, February 7, 2011 4-6 PM

Enjoy FREE ADMISSION to the Weight Room between 4-6 PM. Join us for the Grand Opening ceremony, healthy snacks, fitness demonstrations, and prizes.