

## PERFORM CONDITIONING FLOOR – OPEN TO ALL

Participants on the PERFORM conditioning floor benefit from the most advanced fitness equipment, access to the latest teaching methods and recent research findings. Programs on the conditioning floor are tailored to individuals with and without mobility challenges. Members are encouraged to take part in PERFORM's research and training programs.

Register at the front desk Monday-Friday 6:30am -10pm, and Saturday and Sunday 8am – 6pm. Prices are listed below.

	<u>Day</u>	<u>10 pass</u>	<u>1 mo</u>	<u>4 mo</u>	<u>1yr</u>
Concordia Students	\$5	\$18.75	\$18.75	\$75	\$195.69
Concordia Staff, Faculty, Alumni and Seniors (65+)	\$8	\$33	\$33	\$132	\$344.41
Public	\$8	\$41.25	\$41.25	\$165	\$430.51

*Rates are subject to applicable taxes. Payments can be made by Interac, VISA, Mastercard or American Express. The PERFORM conditioning floor will be closed on the following University Holidays in 2017: Saturday, December 24, 2016 – Friday, January 6 (PERFORM will open with regular hours on Saturday January 7), Friday, February 24, Friday, April 14 – Sunday, April 16 (PERFORM will open with regular hours on Monday, April 17).*

### MEMBERSHIP GOLD PROGRAM- \$35 + tax

Available to one-year members only. Includes a towel card, a locker, and a 1-hour appointment with a student trainer.

### MEMBER REWARDS PROGRAM

Available to one-year members only. When someone whom you referred signs up for a one-year membership at PERFORM, you are both rewarded with a one-month membership.

### EQUIPMENT ORIENTATION - FREE

Are you new on the conditioning floor and need help with learning how to use the state-of-the-art equipment? This complimentary equipment orientation has been designed for you! Make an appointment at front desk to reserve your orientation.

### BIOELECTRICAL IMPEDANCE ANALYSIS - \$21-33 + tax

Comes with a complete report including your values of total body water, extracellular and intracellular fluid, fat free mass, fat mass and body mass index.

### HEALTHY LIVING PROGRAM FOR SENIORS – SAVE THE DATE: MAY 2017

If interested, please leave your contact information at the front desk.

### OTHER SERVICES

We also offer athletic therapy, nutrition services and fitness testing. Please ask our front desk staff.



CONDITIONING FLOOR

GROUP CLASSES

INDIVIDUAL CONDITIONING

BETTER HEALTH THROUGH PREVENTION

## COMMUNITY HEALTH PROGRAMS

Winter 2017

Updated: December 13, 2016

Rates apply to the winter 2017 semester.



GROUP CLASSES (6-20 participants)

Registration begins December 13, 2016. Programs start January 30, 2017.

LOOKING FOR A GROUP CLASS THIS WINTER?  
Here is what we are offering! (10-week duration)

- Zumba** – combine your love for dance and getting fit (\$5/class)
  - Judo** – body conditioning and balance through Judo movements (\$4/class)
  - Cardio Karate** – cardio training and intro to Karate (\$4/class)
  - Muay Thai** – introduction to Muay Thai (\$4/class)
  - Spinning** – beginner to intermediate cycling (\$9/class)
  - Dance For Mobility** –mobility, balance and proprioception through dance (\$5.75/class)
  - Gentle Yoga** –flexibility, balance, strength and core training through guided movement (\$6/class)
  - Yoga Therapy** – combined use of psychology and yogic philosophies to cope with life stresses (\$10/class)
  - Pilates** –core strength, flexibility, and balance training through controlled movements (\$10/class)
- NEW** Drop-in rates for classes: **\$7.50** for classes equal to or below \$6 **OR**  
**75\$** for 10 day pass for classes equal to or below \$6  
**\$12** for classes \$7-10

See front desk for group class schedule.  
If a class is cancelled, participants will be contacted by front desk on January 27, 2017.



**Group Training** (groups from 2-6 participants)  
Available in packages of 10 x 1 hour. Prices range from \$55-359.  
Membership not required.  
For more information, please ask our front desk staff.

INDIVIDUAL CONDITIONING PROGRAMS

You can receive personalized support and guidance from a qualified fitness professional. Depending on your needs, you can choose to work with a level 1; level 2; or level 3 trainer. Trainers are available weekends.

Programs	Price range
<b>Basic Assessment and Introductory – 2 appointments</b> This program is designed for those wanting a basic program to get started on the conditioning floor. It includes two appointments; 45 min. assessment and 30 min. program delivery.	<b>\$60 - \$101</b>
<b>Comprehensive Fitness Package – 2 x 1 ½ hr appointments</b> A safe and effective exercise program will be designed based on the results of a complete fitness assessment.	<b>\$138 - \$230</b>
<b>Functional Movement Screen and Program – 2 x ½ hr</b> This screen, developed by Functional Movement Systems Inc™, is designed to assess movement and provide corrective exercises to improve performance and prevent injury.	<b>\$52- \$86</b>
<b>Initial/ Follow up Fitness Assessment – 2 hr</b> These fitness assessments are appropriate for participants who would like more knowledge about their current level of fitness. Includes cardiovascular, muscular, and flexibility assessments, and goal counseling.	<b>\$78 - \$129</b>
<b>Revised Program Design – 1 hr</b> This service is available to participants who would like to revise their current program. Participants meet with a trainer to ensure that changes are safe, effective and get the desired results. <b>Follow up fitness assessment and revised program design combo: \$104-173</b>	<b>\$52 - \$86</b>
<b>Training Appointments</b> For participants who have an existing PERFORM program and would like support, via skype or in person, while they exercise. The appointments can also be used to discuss healthy lifestyle goals and next steps. The following options are available starting at the listed prices: Single units: ½ hr at \$17-29 or 1hr at \$35-58 Package of 5: ½ hr at \$70-144 or 1hr at \$139-288.	

