



concordia.ca/schoolofhealth

COMMUNITY HEALTH PROGRAMS

Winter 2024

CONCORDIA

PERFORM GYM

OPEN TO ALL

Participants of the PERFORM Gym benefit from the most advanced fitness equipment, access to the latest teaching methods and recent research findings. Programs are designed for individuals with and without mobility challenges. Members are encouraged to take part in research and training programs.

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

	Day	2 weeks	1 mo	4 mo	1 yr
Dual membership for Concordia Students				\$120	\$290
Concordia Students	\$5	\$30	\$43	\$92	\$260
Staff, Faculty, & Alumni	\$8	\$40	\$60	\$130	\$350
Seniors (60+)	\$6	\$20	\$30	\$100	\$250
Public	\$12	\$45	\$69	\$170	\$460

The dual membership allows access to both of Concordia's gyms; the PERFORM Gym (Loyola campus) and Le Gym (Sir George Williams campus).

Rates are subject to applicable taxes. Payments can be made by Interac, VISA, Mastercard or American Express. The PERFORM Gym will be open over the holiday break from December 23rd, 2023 to January 7th, 2024 from 8am to 6pm, except for December 25th and January 1st when it will be closed. Regular hours will resume January 8th. The PERFORM Gym follows the University Academic Calendar and will be closed March 1st, March 29th, April 1st.

Additional Services

Gold Membership Program	\$50
Available to one-year members only. Includes a towel card, a membership hold of up to 8 weeks, and a locker. There is a limited amount of lockers. Program available until quantities last.	
Platinum Membership Program	\$100
Available to one-year members only. Includes a towel card, a basic assessment and program with a student trainer, a membership hold of up to 4 months, and a locker. There is a limited number of lockers. Program available until quantities last.	
Towel Card	Single use: \$1 – 20-use card: \$10
Members are required to use a towel. Bring one from home or rent one at the front desk.	
Other Services	Prices vary
We also offer padlocks, athletic therapy, and fitness testing. Please ask our front desk staff.	

NUTRITION SERVICES

WITH REGISTERED DIETITIAN ELENA ZHAO

Receive personalized support and guidance from a registered dietitian and a team of Dietetic interns. We can help you achieve various nutritional goals, including achieving a healthy weight, building lean muscle mass, adopting a plant-based diet, managing blood sugar levels, and improving heart and digestive health, and more.

Our dietitian is available Thursdays from 12 PM to 5 PM and Fridays from 9 AM to 12 PM and 2 PM to 5 PM. To register, please visit the front desk. If you require additional appointment times, please contact the dietitian at perform.nutrition@concordia.ca. Prices are listed below.

Individual services	Students/Seniors	Public
Initial Nutrition Assessment (60 min)	\$98	\$102
Includes a careful review of dietary habits, health goals, challenges, lifestyle factors, medical history, dietary supplements, and medication use.		
Clients receive a short summary of the initial appointment through email, which includes specific goals and habits established collaboratively with the dietitian.		
Follow-up nutritional appts. (30 min)	\$49	\$51
Clients discuss progress on specific goals and habits established collaboratively with the dietitian during the initial nutrition assessment.		
Follow-up nutritional appts. (45 min)	\$81	\$85
This option is suitable for clients who require additional time with the dietitian to discuss their progress on specific goals and established habits.		
Food journal monitoring and feedback (Add-on item for 45 min. Nutrition follow-up appt.)	\$32	\$35

Analysis of a 3-day food journal on Keenoa, an online food journal application, and a personalized Nutrient Intake Report including: total kcal, protein, carbohydrate, fat, saturated fat, trans fat, omega-3, cholesterol, fibre, alcohol, selected vitamins and minerals. Your nutrient intake will be compared to the Dietary Reference Intakes (DRIs) to determine if you are getting enough nutrients for your age, gender, activity level, and health condition (if applicable). The dietitian will review the results and discuss dietary recommendations for you.

Comprehensive Individual Nutrition Package (2.5 hrs over 1-2 months)	\$276	\$290
Option 1: one 60-minute initial nutrition assessment + two 45-minute follow-up nutritional appointments + one food journal monitoring feedback (value of \$35 each)		
Option 2: one 60-min initial nutrition assessment + three 30-minute follow-up nutritional appointments + one food journal monitoring feedback (value of \$35 each)		
Group services: Nutrition presentations and cooking classes are available upon request. Prices vary. For more information, please contact us at perform.nutrition@concordia.ca		

Cancellation Policy: As of January 2023, appointments must be cancelled 24 hours before the appointment. A fee of \$25 will be applied to reschedule a cancelled appointment.

ATHLETE LIFTING SCHEDULE & GROUP CLASSES ON CONDITIONING FLOOR

JANUARY 8 – MAY 1, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
	M SOCCER 8 – 9 AM	FLAG FOOTBALL 7:30 – 8:30 AM		FOOTBALL 8:30 – 10:30 AM	
FOOTBALL 9 – 11 AM	W SOCCER 9 – 10 AM	FOOTBALL 9 – 11 AM	FOOTBALL 9 – 11 AM	W SOCCER 10:30 AM – 12 PM	
M HOCKEY 11 – 11:45 AM	W HOCKEY 10:15 – 11 AM	M HOCKEY 11 – 11:45 AM	M SOCCER 11 AM – 12 PM	W BASKETBALL 12 – 1 PM	W RUGBY ACADEMY
	40+ LIFTING 12 – 1 PM		40+ LIFTING 12 – 1 PM		
W RUGBY 1 – 2:15 PM	M BASKETBALL 1 – 1:45 PM		M BASKETBALL 1 – 1:45 PM		
W BASKETBALL 2:15 – 3:15 PM	W RUGBY 2 – 3:30 PM	M BASKETBALL 3 – 4 PM	W RUGBY 2 – 3:30 PM	M BASKETBALL 3 – 4 PM	
M BASKETBALL 3:30 – 4:15 PM	W BASKETBALL 3:30 – 4:30 PM				
FOOTBALL 4 – 6 PM		FOOTBALL 4 – 6 PM	FOOTBALL 4 – 6 PM		
M RUGBY 6 – 7:30 PM	M RUGBY 5 – 6:30 PM		POWER PULSE CIRCUIT 6:30 – 7:30 PM		

INDIVIDUAL CONDITIONING PROGRAMS BY KINESIOLOGISTS

Receive personalized support and guidance from a qualified fitness professional. Depending on your needs, you can work with a student in the Kinesiology Clinic or a level 1, 2, or 3 Kinesiologist.

Programs (Prices do not include taxes).	Clinic			Level 1	Level 2	Level 3
	Student/ Senior/Member	Public				
The Clinic offers fitness assessments performed by kinesiology internship students						
Basic Assessment and Introductory Program	\$80	\$86	\$86	\$116	\$183	

Includes two appointments of 45 min. This program is for those wanting **one** basic program to get started on the conditioning floor.

Comprehensive Fitness Package	Student/ Senior/Member	Public	Level 1	Level 2	Level 3
	\$140	\$147	\$147	\$198	\$311

Includes two appointments of 1.5 hours. A safe and effective exercise program is designed based on the results of a complete fitness assessment.

Revised Program	Student/ Senior/Member	Public	Level 1	Level 2	Level 3
	\$65	\$69	\$69	\$93	\$146

This service is available to participants who want to revise their current program. Participants meet with a trainer to update goals and design/review new program to ensure that changes are safe, effective and get the desired results.

1 hr Training Appointments	Student/ Senior/Member	Public	Level 1	Level 2	Level 3
	\$39*	\$39*	\$39**	\$69**	\$99**

30 min Training Appointments	Student/ Senior/Member	Public	Level 1	Level 2	Level 3
	\$30*	\$30*	\$30**	\$39**	\$59**

For participants who have an existing program and would like support, via online modalities (Zoom, Teams) or in person, while they exercise. The appointments can discuss healthy lifestyle goals and next steps.

* For members only. Non-members are required to pay a day pass fee. ** Buy ten get one free.

Body Fat Analysis (25 min)	Student/ Senior/Member	Public	Level 1	Level 2	Level 3
	\$20	\$22	\$22	\$28	\$42



GROUP CLASSES

JANUARY 22 - MARCH 29 (6 - 10 WEEKS)

Rates for the public, Concordia staff, faculty, members, and seniors (Staff/ Member/Senior), and students. Prices do not include taxes.

Class	Public	Staff/Mem ber/Senior	Student
Senior Bootcamp (Beginner) –Tone muscles, improve strength and balance while performing functional movements. Mon. or Wed. 10-11 AM. Jan 22 - Mar 28 (max: 20). Instructor: Daniela Presta, Kinesiologist	\$67 /class	\$59 /class	\$57 /class
Pilates – Activate your core and tone your whole body. Tues. 12 - 1 PM. Jan 23 – Mar 27 (max 15). Instructor: Jaime Haraldson	\$80	\$70	\$68
Yoga – Stretch and strengthen your body through movement. Tues. 1 - 2 PM. Jan 24-Mar 27 (max 15). Instructor: Jaime Haraldson	\$80	\$70	\$68
Power Pulse Circuit – High intensity interval training to burn fat and build muscle. Tues. / Thurs. 6:30-7:30 PM. Jan 23 – Mar 28 (max 22). Instructor: Henry Tung, CSCS, FKQ-Kin	\$98	\$86	\$82
40+ Lifting – Learn proper weightlifting technique for basic weightlifting movements. Tues./Thurs. 12 - 1 PM. Jan 23 – Mar 27 (max 22). Instructor: Liz Breton, Strength and Conditioning Coordinator (CSCS), Recreation and Athletics	\$170	\$150	\$146
Tai Chi (Beginner) – Learn the movements and positions of Tai Chi to improve your body and mind. Tues. 5:30 – 6:30 PM. (max 15). Jan 23 – Feb 27 (6 weeks) in Basketball Gym. Instructor: Heather MacDow	\$60	\$53	\$51
Dance Class – Explore movement through the art of dance. Our beginner class invites you to explore ballet with a splash of jazz and modern dance. Individual dance (not with partner) Mon. 12 – 1 PM or Tues. 6 – 7 PM. Instructor: Anastasiya Gudymenko, Student Kinesiologist and Ballet Dancer at Quebec’s Ballet Tompkins	\$145 /class	\$125 /class	\$99 /class
Spinning – Develop leg strength and improve your fitness with interval-based training on a bike. Fri. 12:00 - 12:50 or 1 – 1:50 PM; Jan 26 – Mar 22. No class Mar 1. Instructor: Emily Martinez de Lee	\$110 /class	\$105 /class	\$100 /class

GROUP TRAINING WINTER 2024 JANUARY 22 – MARCH 29, 2024

	DAYTIME								EVENING					
	MON		TUES		WED		THURS		FRI		SAT		SUN	
10:00 – 10:30 AM	SENIOR BOOTCAMP				SENIOR BOOTCAMP									
10:30 – 11:00 AM														
11:00 – 11:30 AM														
11:30 AM – 12:00 PM														
12:00 – 12:30 PM			PILATES				40+ LIFTING		SPINNING					
12:30 – 1:00 PM	DANCE													
1:00 – 1:30 PM							YOGA		SPINNING					
1:30 – 2:00 PM														
5:30 – 6:00 PM														
6:00 – 6:30 PM											TAI CHI		POWER PULSE CIRCUIT	
6:30 – 7:00 PM							DANCE							
7:00 – 7:30 PM														