



COMMUNITY HEALTH PROGRAMS

FALL 2023

Last updated: November 15, 2023

Prices apply to the Fall 2023 semester.

CONDITIONING FLOOR – OPEN TO ALL

Participants on the conditioning floor 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 6:30am -10pm, and Saturday and Sunday 8am – 6pm. Prices are listed below.

	<u>Day</u>	<u>10 pass</u>	<u>1 mo</u>	<u>2 mo</u>	<u>3mo</u>	<u>4 mo</u>	<u>1yr</u>
New- Dual Membership for Concordia Students	n/a	n/a	n/a	n/a	n/a	\$120	\$290
Concordia Students	\$5	\$50	\$31	\$47	\$66	\$70	\$196
Concordia Staff, Faculty, Alumni, and Seniors (60+)	\$8	\$80	\$50	\$68	\$90	\$95	\$250
Public	\$10	\$100	\$69	\$120	\$155	\$160	\$430

The dual membership allows access to both of Concordia's gyms; the conditioning floor (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 conditioning floor follows the University Academic Calendar and will be closed September 4 (Labour Day), October 9 (Thanksgiving Day). The conditioning floor will be open over the holiday break from December 23 to January 7 from 8am to 6pm, except for December 25 and January 1 when it will be closed. Regular hours will resume January 8.

GOLD MEMBERSHIP PROGRAM- \$50 + tax

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 + tax

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 amount of lockers. Program available until quantities last.

TOWEL CARD

All members are required to use a towel. You are welcome to bring one from home or to purchase one time use of a towel for \$1. Towel cards are available at front desk - 20 rentals for \$10.

VELOSYPATHIQUE - SHOWER and LOCKER DAY ACCESS

Shower and locker access (day only) are available to Concordia Faculty, Staff and Students who are non-members and use their bikes to travel to and from the University. **Faculty/ Staff – \$15/semester; Students: \$10/semester**

OTHER SERVICES

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 on 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 (Prices do not include taxes)	Student/Senior	Public
Initial Nutrition Assessment (60 mins) 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.	\$90	\$95
Follow-up nutritional appointments (30 mins) Clients discuss progress on specific goals and habits established collaboratively with the dietitian during the initial nutrition assessment.	\$45	\$50
Follow-up nutritional appointments (45 mins) This option is suitable for clients who require additional time with the dietitian to discuss their progress on specific goals and established habits.	\$75	\$80
Comprehensive Individual Nutrition Package (2.5 hours over 1-2 months) <u>Option 1:</u> one 60-minute initial nutrition assessment + two 45-minute follow-up nutritional appointments + one food journal monitoring feedback (value of \$30 each) <u>Option 2:</u> one 60-min initial nutrition assessment + three 30-minute follow-up nutritional appointments + one food journal monitoring feedback (value of \$30 each)	\$255	\$268

What's included in the food journal monitoring feedback?

Clients complete a 3-day food journal on Keenoa, an online food journal application, which will be used to generate a personalized Nutrient Intake Report: 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 the intake adequacy of the above-mentioned nutrients based on your age, gender, activity level, and health condition (if applicable). The dietitian will review the results and discuss dietary recommendations accordingly during the 45-minute follow-up nutritional appointment.

Group services: Nutrition presentations and cooking classes are available upon request. Prices may 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
 (September 5 – December 22, 2023)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FOOTBALL 7 AM – 8 AM	W-HOCKEY 8:45 AM – 9:45 AM		
FOOTBALL 9 AM – 10 AM	W-SOCCER 9 AM – 10 AM	W-HOCKEY 10:20 AM – 11:00 AM	M-SOCCER 9 AM – 10 AM	
M-HOCKEY 11:00 AM – 12:00 PM	W-HOCKEY 10:15 AM – 11:00 AM	M-HOCKEY 11 AM – 12 PM	W-SOCCER 10 AM – 11 AM	W-BASKETBALL 11:45 AM – 12:45 PM
	40+ LIFTING 12 PM – 1 PM		M-HOCKEY (FIELD) 11 AM – 12 PM	
FOOTBALL 1 PM – 2 PM	M-BASKETBALL 1 PM – 1:45 PM		40+ LIFTING 12 PM – 1 PM	
W-BASKETBALL 2:15 PM – 3:15 PM	W-BASKETBALL 3:30 PM – 4:30 PM	M-BASKETBALL 3:00 PM – 3:45 PM	M-BASKETBALL 1:00 PM – 1:45 PM	M-BASKETBALL 3:15 PM – 4:00 PM
M-BASKETBALL 3:30 PM – 4:15 PM	W-RUGBY 4:30 PM – 5:15 PM	M-RUGBY 4:15 PM – 5:15 PM	M-RUGBY 4:30 PM – 5:15 PM	
W-RUGBY (stretch) 4:15 PM – 5:00 PM	W-RUGBY 5:15 PM – 6:00 PM	M-RUGBY 5:15 PM – 6:00 PM	M-RUGBY 5:15 PM – 6:00 PM	
M-RUGBY (stretch) 5:00 PM – 5:45 PM				
	POWER PULSE CIRCUIT 6:30 – 7:30 PM		POWER PULSE CIRCUIT 6:30 – 7:30 PM	

INDIVIDUAL CONDITIONING PROGRAMS ON CONDITIONING FLOOR

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 trainer.

Programs (Prices do not include taxes).	Clinic Student/Senior	Clinic Public	Level 1	Level 2	Level 3
The Clinic offers fitness assessments performed by kinesiology internship students					
Basic Assessment and Introductory Program Includes two appointments of 1 hour. This program is for those wanting <u>one</u> basic program to get started on the conditioning floor. <u>Options:</u>	\$80	\$85	\$85	\$115	\$150
Additional program	-	\$15	\$43	\$52	\$70
Additional fitness component	-	\$5	\$10	\$12	\$15
Comprehensive Fitness Package Includes two appointments of 1.5 hours. A safe and effective exercise program is designed based on the results of a complete fitness assessment.	\$135	\$140	\$140	\$198	\$255
Fitness Assessment – 2 hr 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.	\$72	\$75	\$75	\$105	\$135
Revised Program 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.	\$72	\$75	\$75	\$105	\$135
Training Appointments 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.	1 hr (supervised appointment) / \$15 (3+)*	\$30 (supervised appointment) / \$20 (3+)*	\$35**	\$58**	\$75**
	5 x 1 hr (supervised) / \$70*	\$140 (supervised) / \$95*	\$165	\$275	\$355
Maximal Aerobic Capacity Testing Can be performed on a bike or treadmill					TBD
Maximal Aerobic Capacity Testing with a Training Program					TBD

Cancellation Policy: As of January 2023, appointments must be cancelled 24 hours before the appointment. A fee will be applied to reschedule a cancelled appointment; \$15 for student appointments and \$25 for other appointments.

GROUP CLASSES (Sep 18- Dec 8) - REGISTRATION BEGINS AUGUST 30TH.

Rates for the public, Concordia staff, faculty, members, and seniors (Staff/ Member/Senior), and students. Classes are 9-12 weeks, depending on the class (taxes not included).	Public	Staff/ Member/Senior	Student
Power Pulse Circuit - High intensity interval training to burn fat and build muscle. Tues/ Thurs. 6:30-7:30 PM. Sep 19 – Dec 7 (max 12). Instructor: Pouya Mousavi	\$99	\$87	\$83
Monday Senior Bootcamp (Beginner) –Tone muscles, improve strength and balance while performing functional movements. Mon. 12-1 PM. Sep 18 – Dec 4 (max: 15). No class Oct 9. Instructor: Daniela Presta	Free for Seniors – Limited spaces available		
Wednesday Senior Bootcamp (Advanced) – Tone muscles, improve strength and balance while performing functional movements. Wed. 12-1 PM. Sep 20 – Dec 6 (max: 15). Instructor: Daniela Presta.	Free for Seniors – Limited spaces available		
40 + Lifting – Learn the proper weightlifting technique for basic weightlifting movements. Tues./Thurs. 12 - 1 PM. Sep 19 – Dec 7 (max 22). Instructor: Liz Breton, Strength and Conditioning Coordinator (CSCS), Recreation and Athletics	\$147	\$129	\$123
Pilates – Activate your core and tone your whole body. Tues. 12 - 1 PM. Sep 19 – Dec 5 (max 15). Instructor: Jaime Haraldson	\$96	\$84	\$80
Yoga – Stretch and strengthen your body through movement. Tues. 1 - 2 PM. Sep 19 – Dec 7 (max 15). Instructor: Jaime Haraldson.	\$96	\$84	\$80
Tai Chi Beginner – Learn the movements and positions of Tai Chi to improve your body and mind. Thurs. 12 – 1 PM. Sept 21 – Dec 7 (max 15). Instructor: Heather MacDow	Free for Seniors – Limited spaces available		
CIRCL Mobility/ Pilates- Stretch muscles that are prone to tightness to improve posture and mobility. Fri. 2:30 – 3:30 PM (Sep 22 – Dec 8). Instructor: Emily Martinez de Lee.	\$96/ea	\$84/ea	\$80/ea
Zumba (F) – Energize your body to the sound of Latin music. Fri 12:15 -1 PM (45 min). Sep 22 – Dec 8 (max 15). Instructor: Emily Martinez de Lee.	\$55	\$48	\$35
Spinning –Develop leg strength and improve your fitness with interval-based training on a bike. Fri. Sep 22 – Dec 8; 1:15 – 2:15 PM. Instructor: Emily Martinez de Lee.	\$105/ea	\$100/ea	\$99/ea



GROUP TRAINING FALL 2023
(September 18 – December 8, 2023)

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Training Room	Conditioning Floor	Training Room	Conditioning Floor	Training Room	Conditioning Floor	Training Room	Conditioning Floor	Training Room	Conditioning Floor
	SENIOR BOOTCAMP BEGINNER 12 PM – 1 PM		PILATES 12 PM – 1 PM	40+ LIFTING 12 PM – 1 PM	SENIOR BOOTCAMP ADVANCED 12 PM – 1 PM		TAI CHI BEGINNER 12 PM – 1 PM	40+ LIFTING 12 PM – 1 PM	ZUMBA 12:15 – 1:00 PM	
		YOGA 1 PM – 2 PM							SPINNING 1:15 – 2:15 PM	
									CIRCL MOBILITY/ PILATES 2:30 – 3:30 PM	
				POWER PULSE CIRCUIT 6:30 – 7:30 PM						POWER PULSE CIRCUIT 6:30 – 7:30 PM

