



## COMMUNITY HEALTH PROGRAMS

### FALL 2023

Last updated: September 5, 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> |
|---|------------|----------------|-------------|-------------|------------|-------------|------------|
| <b>New-</b> 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), and several days over the holiday period (December 23 – January 7, the schedule will be posted in December).*



### **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

|  |       |
|--|-------|
| Nutrition evaluation and report                        | \$110 |
| Follow up nutrition counselling                        | \$55  |
| Nutrition presentations                                | TBD   |
| Cooking ensemble – cooking workshops (virtual or live) | TBD   |

Please ask our front desk staff for more information.





**ATHLETE LIFTING SCHEDULE & GROUP CLASSES ON CONDITIONING FLOOR**  
(September 5 – December 22, 2023)

| MONDAY                              | TUESDAY  | WEDNESDAY                      | THURSDAY                           | FRIDAY                           |
|-------------------------------------|--|--------------------------------|------------------------------------|----------------------------------|
|                                     | FOOTBALL 7 AM – 8 AM<br>M-SOCCER 8 AM – 9 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<br>M-HOCKEY 11 AM – 12 PM | 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<br>FOOTBALL 1 PM – 2 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 |
|---|--|--|---------|---------|---------|
| <b>The Clinic offers fitness assessments performed by kinesiology internship students</b>   |  |  |         |         |         |
| <b>Basic Assessment and Introductory Program</b><br>Includes two appointments of 1 hour.<br>This program is for those wanting <u>one</u> basic program to get started on the conditioning floor.<br><u>Options:</u>   | \$80                                       | \$85                                       | \$85    | \$115   | \$150   |
| Additional program  | -  | \$15                                       | \$43    | \$52    | \$70    |
| Additional fitness component  | -  | \$5  | \$10    | \$12    | \$15    |
| <b>Comprehensive Fitness Package</b><br>Includes two appointments of 1.5 hours.<br>A safe and effective exercise program is designed based on the results of a complete fitness assessment.   | \$135                                      | \$140                                      | \$140   | \$198   | \$255   |
| <b>Fitness Assessment – 2 hr</b><br>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   |
| <b>Revised Program</b><br>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   |
| <b>Training Appointments</b><br>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.<br>* 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   |
| <b>Maximal Aerobic Capacity Testing</b><br>Can be performed on a bike or treadmill  |  |  |         |         | TBD     |
| <b>Maximal Aerobic Capacity Testing with a Training Program</b>   |  |  |         |         | 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 30<sup>TH</sup>

| 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 |
|---|---|----------------------|---------|
| <b>Power Pulse Circuit</b> - High intensity interval training to burn fat and build muscle. Tues/ Thurs. 6:30-7:30 PM. Sep 19 – Dec 7 (max 12). <b>Instructor:</b> Pouya Mousavi  | \$99  | \$87                 | \$83    |
| <b>Monday Senior Bootcamp (Beginner)</b> –Tone muscles, improve strength and balance while performing functional movements. Mon. 12-1 PM. Sep 18 – Dec 4 (max: 15). <b>No class Oct 9. Instructor:</b> Daniela Presta   | Free for Seniors – Limited spaces available |                      |         |
| <b>Wednesday Senior Bootcamp (Advanced)</b> – Tone muscles, improve strength and balance while performing functional movements. Wed. 12-1 PM. Sep 20 – Dec 6 (max: 15). <b>Instructor:</b> Daniela Presta.  | Free for Seniors – Limited spaces available |                      |         |
| <b>40 + Lifting</b> – Learn the proper weightlifting technique for basic weightlifting movements. Tues./Thurs. 12 - 1 PM. Sep 19 – Dec 7 (max 22). <b>Instructor:</b> Liz Breton, Strength and Conditioning Coordinator (CSCS), Recreation and Athletics  | \$147                                       | \$129                | \$123   |
| <b>Pilates</b> – Activate your core and tone your whole body. Tues. 12 - 1 PM. Sep 19 – Dec 5 (max 15). <b>Instructor:</b> Jaime Haraldson  | \$96  | \$84                 | \$80    |
| <b>Yoga</b> – Stretch and strengthen your body through movement. Tues. 1 - 2 PM. Sep 19 – Dec 7 (max 15). <b>Instructor:</b> Jaime Haraldson.   | \$96  | \$84                 | \$80    |
| <b>Aerobics</b> – Decompress your day and energize your evening with moves that will get your heart pumping. Tues. 6:15 -7:15 PM. Sep 26 – Dec 7 (max 15). <b>No class Sep 19. Instructor:</b> Tanja Trost  | \$53  | \$46                 | \$44    |
| <b>Pilates</b> – Build core strength, improve posture, and increase flexibility using classical Pilates exercises. Learn efficient breathing techniques and develop longer and leaner muscles! Wed. 4 - 5 PM Sep 20 – Nov 22 (max 15). <b>No class Nov 1</b> (9 weeks). <b>Instructor:</b> Alida Esmail | \$86  | \$75                 | \$72    |
| <b>Tai Chi Beginner</b> – Learn the movements and positions of Tai Chi to improve your body and mind. Thurs. 12 – 1 PM. Sept 21 – Dec 7 (max 15). <b>Instructor:</b> Heather MacDow   | Free for Seniors – Limited spaces available |                      |         |
| <b>CIRCL Mobility/ Pilates-</b> Stretch muscles that are prone to tightness to improve posture and mobility. Thurs. 6 – 7 PM Sep 21 – Dec 7 (max 15); Fri. 2:30 – 3:30 PM (Sep 22 – Dec 8). <b>Instructor:</b> Emily Martinez de Lee.   | \$96/ea                                     | \$84/ea              | \$80/ea |
| <b>Zumba (M/W)</b> – Energize your body to the sound of Latin music. Mon/Wed. 7 - 8 PM. Sep 18 – Dec 6 (max 15). <b>No class Oct 9. Instructor:</b> Clara Abou Arraj  | \$99  | \$86                 | \$82    |
| <b>Zumba (TH)</b> – Energize your body to the sound of Latin music. Thurs. 5 - 6 PM. Sep 21 – Dec 7 (max 15). <b>Instructor:</b> Emily Martinez de Lee.   | \$96  | \$84                 | \$80    |
| <b>Zumba (F)</b> – Energize your body to the sound of Latin music. Fri 12:15 -1 PM (45 min). Sep 22 – Dec 8 (max 15). <b>Instructor:</b> Emily Martinez de Lee.   | \$55  | \$48                 | \$35    |
| <b>Spinning</b> –Develop leg strength and improve your fitness with interval-based training on a bike. Thurs. Sep 21 - Dec 7; 1:30 - 2:30 PM; 2:30 - 3:30 PM (Beginner); Fri. Sep 22 – Dec 8; 1:15 – 2:15 PM. <b>Instructor:</b> 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 1:30 – 2:30 PM             | SPINNING 1:15 – 2:15 PM  | SPINNING 1:15 – 2:15 PM                |                                    |
|  |                                       |                    |                         |                                    | PILATES 4 PM - 5 PM                   |                    | SPINNING-BEGINNER 2:30 – 3:30 PM    |                          | CIRCL MOBILITY/ PILATES 2:30 – 3:30 PM |                                    |
|  | ZUMBA 7 PM – 8 PM                     |                    | AEROBICS 6:15 – 7:15 PM | POWER PULSE CIRCUIT 6:30 – 7:30 PM | ZUMBA 7 PM – 8 PM                     |                    | ZUMBA 5 PM – 6 PM                   |                          |  |                                    |
|  |                                       |                    |                         |                                    |                                       |                    | CIRCL MOBILITY/ PILATES 6 PM – 7 PM |                          |  |                                    |
|  |                                       |                    |                         |                                    |                                       |                    |                                     |                          |  | POWER PULSE CIRCUIT 6:30 – 7:30 PM |