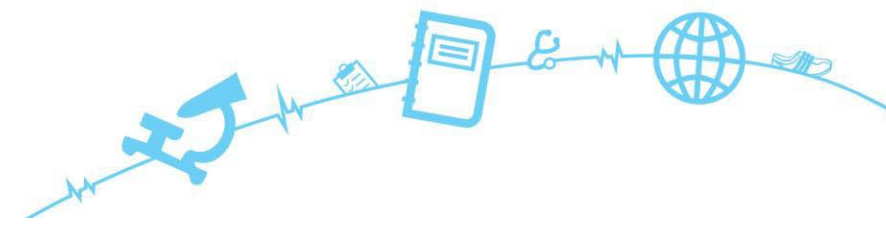


BETTER HEALTH THROUGH PREVENTION

COMMUNITY HEALTH PROGRAMS WINTER 2023

Last updated: December 21, 2022

Prices apply to the winter 2023 semester.



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>2 mo</u>	<u>3mo</u>	<u>4 mo</u>	<u>1yr</u>
Concordia Students	\$5	\$50	\$31	\$47	\$66	\$70	\$196
Concordia Staff, Faculty, Alumni	\$8	\$80	\$50	\$68	\$90	\$95	\$250
Concordia Staff, Faculty, and Alumni 60+	\$8	\$80	\$50	\$68	\$90	Free*	\$250
General Public	\$10	\$100	\$69	\$120	\$155	\$160	\$430
Seniors (60+)	\$8	\$80	\$50	\$68	\$90	\$95	\$250

****2023 PROMOTION:** In order to benefit from the 4 month free membership, you must register by February 3, 2023.*

Rates are subject to applicable taxes. Payments can be made by Interac, VISA, Mastercard or American Express. The PERFORM conditioning floor follows the University Academic Calendar and will be closed University Holidays in 2022 that include March 3, April 7, and April 10.



KINESIOLOGY CLINIC

The Clinic offers fitness assessments performed by kinesiology internship students who are directly supervised by qualified fitness professionals.

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- \$75 + 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.

MEMBER REWARDS PROGRAM

Available to one-year members only. When a one-year member refers someone who then becomes a member for one-year at PERFORM, both members are rewarded with a one-month membership.

EQUIPMENT ORIENTATION - FREE

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

TOWEL CARD

All members are required to use a towel. You are welcome to bring one from home or to purchase 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, nutrition services and fitness testing. Please ask our front desk staff.





ATHLETE LIFTING SCHEDULE &
GROUP CLASSES ON CONDITIONING FLOOR
(Jan 9 – Apr 28, 2023)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FOOTBALL 9 - 11 AM	M & W-SOCCER 8 - 10 AM	FOOTBALL 9 - 11 AM	FOOTBALL 9 - 11 AM	FOOTBALL 9 - 11 AM
M-HOCKEY 11 AM - 11:45 AM	M & W HOCKEY 10 AM - 12 PM	M-HOCKEY 11 - 12 PM	M-SOCCER 11 - 12 PM	W-SOCCER 11 - 12 PM
	40+ LIFTING 12 - 12:50 PM	HIIT 12:15 - 12:45 PM	40+ LIFTING 12 - 12:50 PM	HIIT 12:15 - 12:45 PM
W-RUGBY 1 - 2 :30 PM	FOOTBALL / M-BASKETBALL 1 - 2 PM		M-BASKETBALL 1 - 2 PM	
M-BASKETBALL 3:30 - 4 PM	W-BASKETBALL 3:45 - 5 PM	M-BASKETBALL 3 - 4 PM		W-BASKETBALL 2:15 - 4 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			
BOOTCAMP 7:30 – 8:30 PM		BOOTCAMP 7:30 – 8:30 PM		

INDIVIDUAL CONDITIONING PROGRAMS AVAILABLE ON THE
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 in the table do not include taxes).		Clinic Students	Clinic Public	Level 1	Level 2	Level 3
Basic Assessment and Introductory Program- Includes two appointments of 45 min-75 min. This program is designed for those wanting one basic program to get started on the conditioning floor. <u>Options:</u>		-	\$80	\$86	\$104	\$140
Additional program		-	\$15	\$43	\$52	\$70
Additional fitness component		-	\$5	\$10	\$12	\$15
Comprehensive Fitness Package – 2 x 1 ½ - 2 hr appointments A safe and effective exercise program will be designed based on the results of a complete fitness assessment.		\$75	\$149	\$173	\$207	\$280
Functional Movement Screen and Program – 2 x ½ hr This screen, developed by Functional Movement Systems Inc.™, is designed to assess movement and provide corrective exercises to improve performance and prevent injury.		\$25	\$60	\$65	\$78	\$105
Initial/ Follow up 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.		\$45	\$89	\$97	\$117	\$158
Revised Program – up to 2 hr in 1 - 2 appointments 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.		\$45	\$89	\$97	\$117	\$158
Follow up Fitness Assessment and Revised Program Design combo (2 appointments) 1.5 hr assessment and 1 hr program delivery		\$60	\$120	\$130	\$156	\$210
Training Appointments For participants who have an existing PERFORM program and would like support, via skype or in person, while they exercise. The appointments can be used to 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.	½ hr		-	\$22	\$26	\$35
	1 hr	\$10*	\$15*	\$43**	\$52**	\$70**
	5 x 1 hr	\$50*	\$75*	\$216	\$259	\$350

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



GROUP CLASSES (6-24 PARTICIPANTS): REGISTRATION BEGINS DEC. 13.

BE FIT FOR YOUR LIFESTYLE! JOIN US FOR THE FALL SESSION JANUARY 16 - APRIL 21, 2023.

Rates for the public, Concordia Staff, Faculty, students, and members. 14 weeks (taxes not included) FREE FOR SENIORS (60+ YEARS)	Public	Member/ Concordia Staff/ Faculty/ Alumni	Student
Bootcamp – Challenge your upper body, leg and core strength in a high intensity circuit on the conditioning floor. Mon/Wed. 7:30 -8:30 PM. Jan. 16 – Apr. 19. No class on Apr. 10 (max 12) Instructor: Pierre Tobjian	\$80	\$70	\$67
Tuesday Senior Bootcamp –Tone muscles, improve strength and improve balance while performing functional movements. Tues. 10 – 11 AM. Jan. 17- Apr. 18 (max: 15). Instructor: Daniela Presta	\$75	\$66	\$63
Friday Senior Bootcamp –Improve cardiovascular fitness, tone muscles, improve strength and improve balance while performing functional movements. Fri. 12:30 - 1:30 PM. No class Mar 3 & Apr. 7. Jan. 20- Apr. 21 (max: 15). Instructor: Daniela Presta.	\$65	\$55	\$53
40 + Lifting – Learn the proper weightlifting technique for basic weightlifting movements. Tues/Thurs. 12:00 - 12:50 PM. Jan. 17 - Apr 20 (max 24). Instructor: Liz Breton, Strength and Conditioning Coordinator (CSCS), Recreation and Athletics	\$80	\$70	\$67
Pilates – Activate your core and tone your whole body. Tues. 12 - 1 PM. Jan. 17 – Apr. 18, (max 15). Instructor: Jaime Haraldson	\$95	\$83	\$79
Yoga – Stretch and strengthen your body through movement. Tues. 1 - 2 PM. Jan. 17 – Apr. 18, 2023. Instructor: Jaime Haraldson.	\$95	\$83	\$79
HIIT - Challenge your cardiovascular system performing high intensity interval training and have fun. This class is intended for healthy moderately to highly active participants. Wed/Fri. 12:15 - 12:45 PM. Jan. 18 – Apr. 21 (max 16). No class Mar. 3 and Apr 7. Instructor: Alexandra Boulanger, Stinger Athlete, Women’s Hockey Team	\$75	\$66	\$63

