

STRIDES HEALTH & FITNESS
EFFECTIVE JANUARY 6, 2010

MEMBERSHIP FEES

CONTRACT DURATION	SINGLE	COUPLE	STUDENT	SENIOR
1 Month	\$ 65.00	\$ 102.00	\$ 39.00	\$ 58.00
3 Months	\$ 55.00	\$ 88.00	\$ 35.00	\$ 48.00
12 Months	\$ 48.00	\$ 77.00	\$ 31.00	\$ 41.00
Prepaid/Yearly	\$ 528.00	\$ 847.00	\$ 341.00	\$ 451.00
Administration Fee	\$ 50.00	\$ 50.00	\$ 50.00	\$ 50.00
Cancellation Fee	\$ 50.00	\$ 50.00	\$ 50.00	\$ 50.00

Memberships are non-transferable

PERSONAL TRAINING

MEMBER		NON-MEMBER	
Single Session	\$ 40.00	Single Session	\$ 48.00
Package of Five	\$ 180.00	Package of Five	\$ 216.00
Couple (2 people sharing same session) 5 Sessions	\$ 300.00	Couple (2 people sharing same session) 5 Sessions	\$ 380.00

Sessions are non-transferable

FITNESS ASSESSMENTS

MEMBER		NON-MEMBER	
Fitness Assessment	\$ 35.00	Fitness Assessment	\$ 43.00
FA + 1 Hr Personal Training	\$ 70.00	FA + 1 Hr Personal Training	\$ 78.00
FA + Package of 5 PTS	\$ 200.00	FA + Package of 5 PT Sessions	\$ 240.00

Sessions are non-transferable

TANNING

1 Session	\$ 7.50	15 Sessions	\$ 67.50
5 Sessions	\$ 30.00	20 Sessions	\$ 80.00
10 Session	\$ 50.00	Prices apply to standup and laydown beds	

Sessions are non-transferable

OTHER SERVICES

Lock Rental	\$ 0.87	Bar Code Replacement Tag	\$ 5.00
Towel Rental	\$ 1.74	Aerobic Room Rental (Per Hour)	\$ 25.00
Day Pass	\$ 8.00	SPIN Punch Card (10) \$60.00 (20)	\$ 110.00
Sign Rental (Per Day)	\$ 10.00	YOGA Punch Card (10)	\$ 80.00

HST WILL BE ADDED TO ALL PRICES

Student Rates apply to full time students at any accredited school/university between the ages of 15 - 21 (Valid Student ID required)

Senior Rates apply to any person 60 years of age and over

HOURS OF OPERATION:

MONDAY - THURSDAY	6:00AM	TO	10:00PM
FRIDAY	6:00AM	TO	8:00PM
SATURDAY	8:00AM	TO	6:00PM
SUNDAY	9:00AM	TO	3:00PM