

**STRIDES HEALTH & FITNESS
EFFECTIVE January 2, 2012**

MEMBERSHIP FEES

CONTRACT DURATION	SINGLE	COUPLE	*STUDENT	*SENIOR
12 months	\$ 48.00	\$ 80.00	\$ 34.00	\$ 41.00
3 months	\$ 55.00	\$ 91.00	\$ 38.00	\$ 48.00
1 month	\$ 65.00	\$ 105.00	\$ 42.00	\$ 58.00
Prepaid/Yearly	\$ 528.00	\$ 883.00	\$ 377.00	\$451.00
ADMINISTRATION FEE	\$ 50.00	\$ 50.00	\$ 50.00	\$ 50.00
CANCELLATION FEE	\$ 60.00	\$ 60.00	\$ 60.00	\$ 60.00
Day Pass	\$ 10.00	\$ 20.00	\$ 10.00	\$ 10.00

15% HST WILL BE ADDED TO ALL PRICES

MEMBERSHIPS ARE NON TRANSFERABLE AND NON REFUNDABLE

*student rates apply to full time students at any accredited school/university between the ages of 15 – 21 (**valid student ID required**)

*Ages 15 – 17 **Parent MUST be present at our facility to sign Liability Waiver and PARQ**

*senior rates apply to any person 60 years of age and older

PERSONAL TRAINING

MEMBER		COUPLE "members"		NON MEMBER	
Single Session	\$55.00	////////////////	////////////////	Single Session	\$63.00
5 Sessions	\$250.00	5 Sessions	\$350.00	5 Sessions	\$290.00
20 Sessions	\$960.00	20 Sessions	\$1360.00	20 Sessions	\$1120.00
40 Sessions	\$1840.00	40 Sessions	\$2640.00	40 Sessions	\$2160.00
Fitness Assessment	\$35.00			Fitness Assessment	\$43.00

*Payment options available for 20, 40 packages

SESSIONS ARE NON TRANSFERRABLE AND NON REFUNDABLE

TANNING

1 Session	\$ 8.00	15 Sessions	\$ 75.00
5 Sessions	\$ 32.50	20 Sessions	\$ 90.00
10 Sessions	\$ 55.00		

PRICES APPLY TO STAND UP AND LAY DOWN BEDS

SESSIONS ARE NON TRANSFERRABLE, NON REFUNDABLE AND CANNOT BE DIVIDED

OTHER SERVICES

Lock Rental	\$ 0.87	Bar Code Replacement tag	\$ 5.00
Towel Rental	\$ 1.74	Aerobic Room Rental (1hr)	\$ 30.00
NSF Fee	\$ 15.00		

STRIDES HOURS OF OPERATION

MONDAY – THURSDAY 5:30AM TO 10:00PM

FRIDAY 5:30AM TO 9:00PM

SATURDAY 8:00AM TO 8:00PM

SUNDAY 8:00AM TO 6:00PM