

Adopting a healthy lifestyle with Comox Rec is simple.

Take a closer look at our pass and choose which pass is right for you.

Whatever your choice, rest assured that your mind and body will feel better for it.

ORIENTATION

\$31.50 + gst

Book a 45 minute session with one of our personal trainers and we will take you through the Apex weight training and cardio machines. Please note that this is an orientation to the equipment only.

BASIC CONSULTATION

\$63.00 + gst

Looking to start a new fitness program and want guidance on safety and exercise technique? Our qualified instructor will help you design a new program or modify an existing one. This consultation is designed for those without special needs, such as cardiac or injury rehabilitation concerns. Please allow for 1.5 hours.

SPECIALIZED CONSULTATION

\$84.00 + gst

This consultation is designed for anyone who has specific fitness needs or health concerns and requires a more specialized program and instruction. If you are at risk for heart disease, need injury rehabilitation, sport-specific training or any other medical needs, then this consultation is for you. Our trainer will guide you through a program tailored to meet your individual needs. Please allow 2 hours.

FOLLOW-UP

\$63.00 + gst

This session is for those who have had either a basic or specialized consultation and need a refresher or wish to have their program adjusted by one of our trainers. Please allow for 1.5 hours.

equipment includes:

- 2 Stair Climbers
- 4 Recumbent
- 2 Upright Bicycles
- 3 Spin Cycles
- 6 Treadmills
- 2 Concept II Rowing
- 5 Cross Trainers
- Free Weights
- 5 to 100 lb. Dumbbells
- Variety of Benches
- Bench Press
- AB Toner
- Assorted Fit Balls & Body Bars



APEX Stations:

- Leg Press
- Leg Extension
- Leg Curl
- Back Extension
- Shoulder Press
- Tricep Press
- Vertical Row
- Power Rack
- Total Hip
- Multi Use Cable Machine
- Inner/Outer Thigh
- Bicep Machine
- Squat Rack
- Calf Press
- Vertical Bench
- Seated Cable Row
- Cable Crossover
- Pec Dec
- Lat Pulldown

	ADULT	SENIOR (60 years +)	YOUTH (12 -18 years)	ADULT STUDENT (19-25 years*)
Drop In	\$4.00	\$3.00	\$3.00	\$3.00
Punch Card (10 drop ins)	\$36.00	\$27.00	\$27.00	\$27.00
Monthly Passes...				
1 Month	\$50.00	\$50.00	\$50.00	\$50.00
3 Months	\$100.00	\$70.00	\$70.00	\$70.00
6 Months	\$165.00	\$115.00	\$115.00	\$115.00
12 Months	\$260.00	\$166.00	\$166.00	166.00

* **Must be a full time student with valid Student ID.**
(Full time: 3 or more courses)

AGE RESTRICTIONS:

- 16 years +** unsupervised access (Proof of Age may be requested)
- 12 - 15 years** Require *DIRECT SUPERVISION by an Adult & one of the following:
 - ~ Fitness Studio Basic Consultation
 - ~ Teen Fitness program or AIT (Athletes In Training)
- Under 12 years** No access to the Fitness Studio.

*DEFINITION OF DIRECT SUPERVISION.

The adult supervisor must be 19 years of age or older and must be aware of what the youth is doing in the Fitness Studio at all times. The adult is responsible for the safety of the youth and any damages incurred due to incorrect use of the equipment. Ratio of one adult supervisor to two youth.

... passionate about leisure