

Our 8,140 ft² facility features the latest cardiovascular machines with embedded entertainment, Atlantis selectorized resistance and a variety of free weight, stability and functional equipment. The large studio is available for a variety of classes and personal training.

240FOURTH
FITNESS



LET'S GET ACTIVE

FITNESS CENTRE REGISTRATION

Tenants can register online at https://www.wellnessliving.com/catalog/240fourth_fitness_centre, selecting the *Proceed to checkout* tab. Please view [this guide](#) for step-by-step instructions on how to complete your online registration.

STAFFING AND HOURS OF OPERATION

The Fitness Centre can be accessed 24/7 by 240FOURTH tenants who have completed their registration. The locker rooms are closed for cleaning and/or maintenance Monday to Friday from 8 p.m. to 9 p.m. and weekends from 7 a.m. to 8 a.m.

Staff members are available in the Fitness Centre*: Mondays, Wednesdays and Fridays from 7 a.m. to 3 p.m. Tuesdays and Thursdays from 9 a.m. to 5 p.m.

* Staffed hours are subject to change without notice

CONTACT INFORMATION

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Phone: 403-264-3807

www.240fourth.ca

Alternate Contact

Simona Berneanu

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Phone: 403-202-7559



Group Fitness Classes

The multi-purpose studio provides a variety of exciting classes such as Yoga, Bootcamps, Barre, Cycling and more. Registration is offered throughout the year. For more information about classes, schedules, times for registration and pay rates, please visit the [Fitness Centre page](#) on the building website or stop by the Fitness Centre and talk to the staff about upcoming classes.

All group exercise classes are led by certified instructors. All classes are self-paced, which means that you determine the intensity that is best for you. It's easy... just listen to your body. We encourage you to exercise according to your fitness level.

Online Virtual Content

All members have access to a variety of virtual fitness programs through the member portal, such as live fitness classes, on-demand classes, goal-based programs, challenges, workshops and more.

Please access the [Member Portal](#) to book workout times, sign-up for group exercise classes, purchase services, and gain access to free on-demand workout videos and content.

Locker Rooms

The Fitness Centre locker rooms are set up to provide all the amenities needed for working out. These include private showers with hair/body care products, towels, hair dryers and hair styling tools.

Lockers are available for day use only. Members can only use them while they exercise in the Fitness Centre or are going for an exercise walk or run. Please bring your own lock to secure your belongings.

PERSONAL CUSTOMIZED TRAINING

Personal Training is a great option for individuals with specific targets and goals in mind. All training is completed by LIV North's certified personal trainers who can assist you with any of your fitness needs:

- Health and functional fitness training
- Sport-specific prescription and training
- Personalized program design
- Fitness and health testing
- Goal setting and lifestyle counseling
- General nutrition information

Book a FREE 30-minute consultation to see if Personal Training is right for you. The consultation varies slightly depending on the client and trainer but generally involves goal setting, medical and exercise history, and some functional movement testing.



PERSONAL TRAINING FEES*

One-on-One

Program Design	\$150
3 sessions	\$240
5 sessions	\$385
10 sessions	\$715

Pair Training: Train with a colleague!

5 sessions	\$555
10 sessions	\$1050

Express Training (30 min)

3 sessions	\$141
5 sessions	\$225
10 sessions	\$420

Small Group Training

For small group training rates, please contact the Fitness Centre Staff.

* Prices do not include GST