



# Tech Flex Fitness Centre General Information

## **Current Hours of Operation:** **24 hours, 7 Days a Week**

Currently closed Mondays/Wednesdays from 4:00pm-5:00pm for a registered program. Tech Flex Fitness Centre a complimentary amenity for the tenants Broadway Tech Centre Tenants.

## **Contact Info:**

Email: [techflex@quadreal.com](mailto:techflex@quadreal.com)

Tel: 604-215-7324

Located at 100-2955 Virtual with entry from the outside.

## **Memberships**

To become a member, complete the accompanying waiver and return to [techflex@quadreal.com](mailto:techflex@quadreal.com) . Once we have received and processed your waiver, access will be added to your card within 24 hours.

Please note: Memberships are processed during staffed hours on weekdays. If you submit your registration on a weekend, we will process it on the following business day.

## **Registered Programs and Personal Training**

Registered programs run throughout the year with each program available to a limited number of participants. Personal Training Services are available on site for an additional fee.

If you are interested in participating in a small group training program, or speaking with a Personal Trainer, please email us for more information.

## **Changerooms and Showers**

Changerooms and Showers are located on:

P1 parking level of 2955 Virtual Way

P2 parking level of 2920 / 2925 / 2930-2940 / 2985 Virtual Way

Upper Floor of 2980 Virtual Way

Your access card will be programmed for the facilities in your building.