



Tech Flex Fitness Centre General Information

Current Hours of Operation:

5:00am-11:00pm, 7 Days a Week

Currently closed Mondays/Wednesdays from 4:00pm-5:00pm for a registered program.

Tech Flex Fitness Centre is for the use of Broadway Tech Centre Tenants only.

Contact Info: Email: techflex@curtishealth.com Tel: 604-215-7324

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

Memberships

To view pricing or to register, please click [here](#). Payments are made using Square. Once your forms have been received and processed, we will email you an invoice. You can choose to store your credit card information for future payments. **Please note: Memberships are only processed during staffed hours on weekdays. If you submit your registration on a weekend, we will process it on the following business day.**

Online Group Fitness Schedule – Additional Instructions will be provided to access Group Fitness after membership has been processed.

Virtual services are provided under the cost of your membership.


These services include:

- Access to our Thrive site
- Live virtual fitness classes
- Stretch and meditation breaks
- Updated live class schedule monthly with approx. 13 classes available per week at various times of the day,

Sanitizing, Lockers, and Changerooms

Signage is posted throughout the fitness centre based on the following:

- Lockers are available for use (please remember to take all of your belongings with you when you leave).
- Please continue to wipe down equipment after use, including all touchpoints such as handles, adjusters, etc. **This was, is, and always will be a requirement.**

- 
- Hand sanitizer is available for use.
 - **Arrive in your workout gear.** Change/Shower Rooms are located in your building.
 - If you experience problems with your access card on the changeroom reader, please contact Security at btcsecurity@quadreal.com or visit their office located beside the parkade entrance of 2925 Virtual Way.

Registered Programs

- We regularly run registered fitness programs which are not included in membership. They are open to all tenants of Broadway Tech Centre; however, they are offered at a discounted rate to Tech Flex Members. If you are interested in participating or would simply like more information, send us an email.