Livingston Place

FITNESS CENTRE

The Livingston Place Fitness Centre located on the second floor of the West Tower is professionally managed by LIV North. The programs provided include group exercise classes featuring professional instructors, a personal training program with certified trainers, and an exceptional customer service experience created for every member. The Livingston Place Fitness Centre is for the exclusive use of Livingston Place tenants. For liability reasons, no family members or guests are allowed to use the facility at any time.

Our 7000 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 space is available for a variety of classes and personal training.

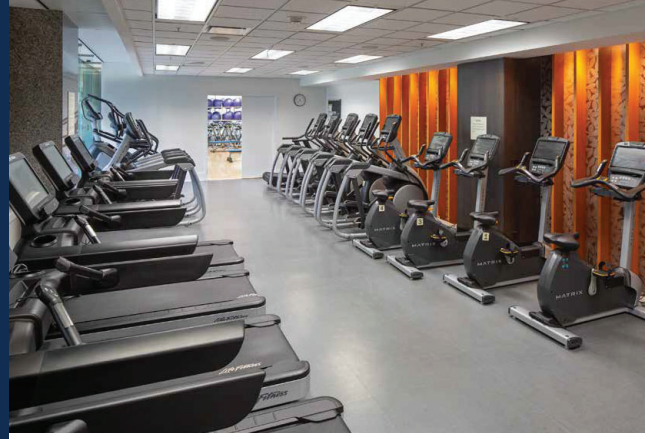
v. 06_2021

▶ Please view the annex at the end of this guide for current Fitness Centre operating procedures.

Livingston Place
THRIVE & GROW

QuadReal™

LET'S GET ACTIVE



FITNESS CENTRE REGISTRATION

Tenants can register in person at the Fitness Centre or online at https://livingstonclubfitness.cshape.net/Gym2/MemberLoginBeta.aspx, selecting the Fitness Centre Registration tab. Please contact the Fitness Centre for additional information.

STAFFING AND HOURS OF OPERATION

The Fitness Centre can be accessed 24/7 by Livingston Place 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

Email: lpfitness@livnorth.com
Phone: 403-716-2007
www.livingstonplace.com/building/amenities/fitness

Alternate Contact

Simona Berneanu Tenant Relations Manager
Email: simona.berneanu@quadreal.com
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. Lockers are available to rent. Please ask the Fitness Centre staff for more information.

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

FITNESS CENTRE PROTOCOL

Please review the information on this page for updated protocol.

Reservation System

- Members are still required to book a workout time through the **member portal** or app. There are no capacity restrictions, and members can book multiple times throughout the day. This will serve to help maintain tracking of gym users each day, as well as provide a way for members to see how busy each hour throughout the day the gym is.
- Please book through the member portal.
- On the Member Portal, select "Purchase Services" to add the male or female access pass to your account, you only need to add it once. You will then be able to book a gym time on the schedule.
- Members can book any of the scheduled times throughout the day.
- Members can schedule gym times up to 7 days in advance

Liability Waiver and Card Access

- All users are still required to sign the QuadReal liability waiver form prior to entering the facility. Forms can be found on **the website**, and only need to be submitted once. Please email completed forms to QuadReal Access Control at **accesscontrol.calgary@quadreal.com.**
- Members do not have to re-submit Liability waiver if previously submitted.
- Card access will be re-granted only once access control receives a signed liability waiver.

General

- No capacity limits in change rooms/lockers. All lockers are available.
- Shower soap/shampoo dispensers are now available, but hairstyling tools remain unavailable at this time.
- No physical distancing requirements.
- All equipment and cardio machines are available.

Extended Hours

- The Fitness Centre is open every day from 5 a.m. to 7p.m., weekends included.
- The Fitness Centre will be staffed 8 hours each weekday.

* Failure to adhere to the gym policies and cleaning practices will result in immediate revoked gym access.