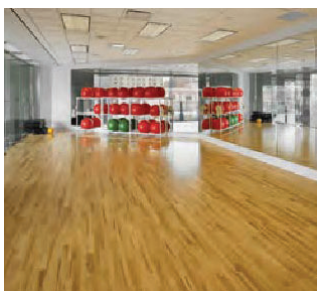


# Livingston Club Fitness Centre Information



A FITNESS CENTRE  
THAT CAN RIVAL THE  
BEST THAT CALGARY  
HAS TO OFFER



## An exclusive fitness centre

**Managed by Health Systems Group, the Livingston Club Fitness Centre is an industry leading service provider. Our Group Exercise, Personal Training, and Customer Service rival the best that Calgary has to offer. And our members confirm this with consistently high satisfaction ratings.**

The Livingston Club Fitness Centre is for the exclusive use of Livingston Place tenants. Once you complete a Fitness Centre Orientation and applicable forms, your building security badge will be programmed to provide you with ongoing access to the Fitness Centre which is located on the second floor of the West Tower.

Our 7000 sq. ft. facility has state-of-the-art fitness equipment and a large studio space for a variety of classes and personal training. The fitness centre features the latest cardiovascular machines with embedded entertainment, an eight-station selectorized strength circuit and a variety of free weight, stability and functional equipment. Selected programming is also available including personal training and group training.

### Fitness Centre Registration

All users of the Fitness Centre will be required to complete a brief orientation session with the Fitness Centre staff and must complete all applicable membership forms. The 15-20 minute orientation session will review basic procedures, give an overview of the facility and equipment available, as well as allowing time for questions. Please be advised that the orientation session is mandatory as the fitness centre is not always staffed.

Click [here](#) to download the Membership package. Be sure to complete all forms, including signatures and witnesses. Then schedule an appointment for the orientation session by contacting the Livingston Club Fitness Centre staff at [lpfitness@livnorth.com](mailto:lpfitness@livnorth.com) or 403-716-2007.

### Group Fitness Classes

From yoga and barre, to cycling and bootcamp – a variety of classes are led in the studio. All group exercise classes are led by certified instructors. Registration is offered throughout the year. To view the most current classes, schedules and times for registration, please visit the Fitness page on the building website, or stop by the Fitness Centre and talk to the staff about upcoming classes. Registration is on a first come first served basis for each session, and must be done in person at the Fitness Centre during staffed hours. Payment is required at the time of registration. 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.

## Livingston Club Fitness Centre

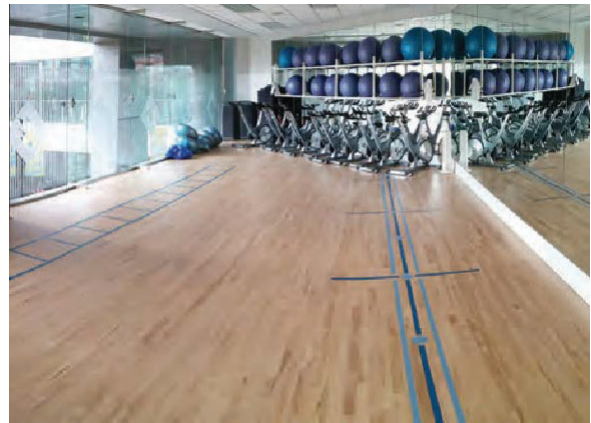
# An exclusive fitness centre

### 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 soap, towels, hairdryers, and curling/straightening irons, as well as magazines and daily newspapers. Lockers are only available for fitness centre members when they are using the fitness centre. They are for day use only or for a minimal annual fee they can be rented after completing the Storage Locker Agreement. The Agreement is available on the building website [www.livingstonplace.com](http://www.livingstonplace.com) and once completed, please email it to [lpfitness@livnorth.com](mailto:lpfitness@livnorth.com). If you want to secure your locker, you will need to supply your own lock.

### P1 Shower/Locker Rooms

All Livingston Place tenants have access to the P1 Shower/Locker Rooms, including towel service. You will need to swipe your card to enter. The lockers are for day use only. Be sure to bring your own lock. Please read the terms of use for the shower/locker rooms which are posted at the entrance.



FULLY EQUIPPED  
CENTRE THAT MEETS  
ALL OF YOUR WORKOUT  
REQUIREMENTS

## Livingston Club Fitness Centre

# Staffing and hours of operation

The Fitness Centre can be accessed 24/7 and is only available for Livingston Place tenants, after they have completed registering with a fitness centre staff person. For liability reasons, no spouses, children or guests are allowed to use the facility at any time. The locker rooms are closed for cleaning and/or maintenance Monday to Friday from 8:00 pm to 9:00 pm and Sunday from 7:00 am to 8:00 am.

### Staff members are available in the Fitness Centre:

- Monday, Wednesday, and Friday: 7:00 am to 3:00 pm
- Tuesday and Thursday: 9:00 am to 5:00 pm
- Staffed hours are subject to change without notice

### We want to hear from you!

Please send your ideas, comments, questions and concerns, and your success stories to [lpfitness@livnorth.com](mailto:lpfitness@livnorth.com) or 403-716-2007.

#### *Alternate Contact*

Simona Berneanu Tenant Relations Manager

Phone: 403-202-7559

[simona.berneanu@quadreal.com](mailto:simona.berneanu@quadreal.com)



## Personal, customized training

### Kick start your fitness experience with a personal trainer!

"75% of people who exercise are not getting the results that they want, but out of the 25% of people who are getting results, 90% of them are working with a personal trainer." *Idea Magazine*

Personal Training is a great option for individuals with specific targets and goals in mind. Your trainer will challenge you, motivate you and follow up with you to make sure you stay on the right track. A Senior Personal Trainer possesses a higher level of certification and more years of experience. A Personal Trainer, while still highly qualified, has less overall experience.

### Personal Training Services

- Our Personal Training Staff 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 Costs\*

<i>Program Design</i>	<i>Personal Trainer</i>	<i>Senior Personal Trainer</i>
One-on-One	\$135	\$150
3 sessions	\$216	\$240
5 sessions	\$345	\$385
10 sessions	\$645	\$715
<i>Pair</i>		
5 sessions	\$500	\$555
10 sessions	\$950	\$1050
<i>Express (30 min)</i>	<i>Personal Trainer</i>	<i>Senior Personal Trainer</i>
3 sessions	\$127	\$141
5 sessions	\$202	\$225
10 sessions	\$380	\$420

For small group training rates, please inquire at the Fitness desk.

*\* Prices do not include GST*