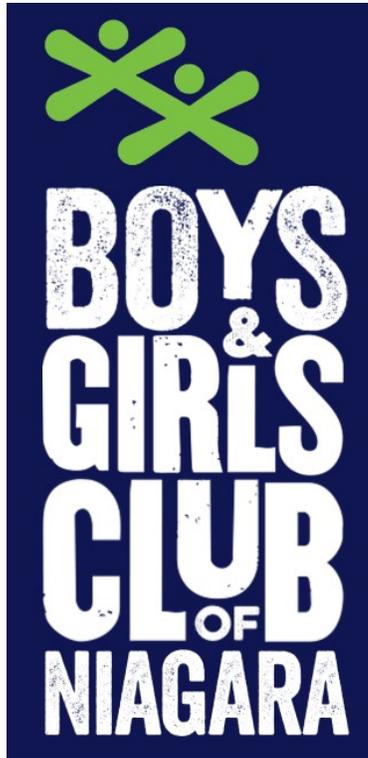


EJ FREELAND COMMUNITY CENTRE



**OCTOBER
2020**

**HOURS OF
OPERATION:**

**MONDAY TO FRIDAY
7:00AM TO 9:00PM**

(CLOSED THANKSGIVING DAY)

**1555 GARRISON RD
FORT ERIE ON L2A 1P8
905 871 2592**

FEFITNESS@BGCN.CA

BGCN.CA / @BGCNOFNIAGARA

COMMUNITY FITNESS

**\$120.00
(3 MONTHS)**

**\$44.00
TRY IT PASS
(12 VISITS)**

**\$4.00
DAILY PASS
(1 VISIT)**

Our fitness space consists of a variety of strength equipment, free weights and cardio equipment (treadmills, rowers, cross trainers, bikes and arc trainers). The fitness space is open to adults 16 years of age or older with the purchase of a club pass during operational hours. Community members may access the Centre through a unique 'pay as you go' system by purchasing one of three Centre Pass options. A 3 Month Pass can be purchased at the start of any month and will be valid until the last day of the third month. With a Centre Pass, you will have access to the weight room, cardio equipment, Aquafit, lane swim, change rooms, lockers, showers and the indoor track.

GROUP FITNESS

Group Fitness programs are held in the Gym at the EJ Freeland Community Centre and are available to the community by purchasing a block of classes in advance in person or by calling 905-871-2592. Adults 16 years of age or older are permitted to register for group fitness classes.

CARDIO MIX

This class is a mix of hi/lo cardio of at least 45 minutes in length. The cardio segment may include such elements as traditional cardio, athletics, boot camp or kick boxing exercises. The remainder of the class is spent on total body conditioning, strength and relaxation.

Monday	9:15 am – 10:15 am	3 classes	Oct. 5 to Oct. 25	\$13.50
Wednesday	5:30 pm – 6:30 pm	4 classes	Oct. 7 to Oct. 28	\$18.00

BOOT CAMP

Boot camp workouts can vary. Generally they will include a fairly intense mix of aerobic, strength training and speed elements within each class session. A boot camp workout is essentially a type of interval training — bursts of intense activity alternated with intervals of lighter activity.

Monday	5:30 pm – 6:30 pm	3 classes	Oct. 5 to Oct. 25	\$13.50
Wednesday	9:15 am – 10:00 am	4 classes	Oct. 7 to Oct. 28	\$18.00

STRENGTH

Make the most of your time with this super-effective routine. Move around gymnasium challenging your muscles and cardiovascular system to improve your mobility, strength, and stamina. This class consists of a warm-up, a mix of cardio, and strength training exercises. We may enhance your experience by adding hand weights.

Tuesday	5:30 pm – 6:30 pm	4 classes	Oct. 6 to Oct. 27	\$18.00
Thursday	5:30 pm – 6:30 pm	4 classes	Oct. 8 to Oct. 29	\$18.00

GENTLE FIT

We can be fit and vital at any age. This class is for those who are looking for a moderate workout in a safe environment. The cardio component will enhance heart and lung function, and the strength component will help to improve balance, flexibility, bone density, power and coordination while increasing injury protection.

Tuesday	10:30 am – 11:15 am	4 classes	Oct. 6 to Oct. 27	\$18.00
Tuesday	1:00 pm – 1:45 pm	4 classes	Oct. 6 to Oct. 27	\$18.00
Thursday	10:30 am – 11:15 am	4 classes	Oct. 8 to Oct. 29	\$18.00
Thursday	1:00 pm – 1:45 pm	4 classes	Oct. 8 to Oct. 29	\$18.00

COVID-19 ADMISSION STANDARDS AND GUIDELINES

Water bottles should be brought from home and filled in advance. Water fountains will not be available for use.

Face masks are to be worn in the Club, but are not required during heavy exercise such as working out on treadmills or cross-trainers. Disposable facemasks may be purchased for a fee at point of entry.

Physical distancing is required throughout the facility. Participants are asked to follow the indicated path distancing indicators and adhere to posted capacity limits in each room.

Fitness users are required to come prepared for their workout.

Any and all equipment supplied by the BGCN such as during group fitness will be designated for use and disinfected after use.

All participants and staff, must wash hands with soap for at least 20 seconds upon entering or leaving the facility and after going to the washroom, sneezing, coughing, eating, smoking, using shared equipment, and providing care for another.

Participants will be asked to use hand sanitizer when entering the club and frequently throughout their visit. It is recommended hand sanitizer will be available at new touchless stations throughout the facility.

Participants will be asked to use disinfectant wipes on equipment before and after use.

Due to COVID-19 restrictions, all steam rooms, saunas and whirlpool will remain closed. In addition, all racquet sports, and gym sports including basketball will be discontinued until further notice. To further manage the risk of potential spread, no towel service, newspaper or concession services will be available.