

FITNESS CENTRE



Fitness Centre Rates: Winter/Spring 2012

Drop-in

Drop in and enjoy our facility any time you'd like! Please wear the wristband to show proof of purchase.

Adult.....\$6.45
Student (15-24yrs)/Senior 65+.....\$5.10

Fitness Membership

Membership includes access to fitness classes, weight rooms, swimming and public skating at all North Vancouver Community Recreation Centre locations.

Adults 19-64yrs

Intro month.....\$49
1 month.....\$65.25
3 month.....\$130.50
Annual.....\$389.93*
*12 monthly payments of \$32.49 (plus one time \$20 admin fee)

Student/Seniors 65yrs+

Intro month.....\$36.85
1 month.....\$49.10
3 month.....\$97.96
Annual.....\$292.36*
*12 monthly payments of \$24.36 (plus one time \$20 admin fee)

Shower Drop-In Tickets

Booklet of 10 tickets for \$22.19

Fitness Centre Supervisor

Rob Wynen604.982.8316

Health and Lifestyle Consultants

Matt Conway, Connie Russell, Sukhi Kambo

Fitness Centre Hours:

Monday-Thursday.....6:00am-10:00pm
Friday.....6:00am-8:00pm
Saturday.....8:00am-7:00pm
Sunday.....9:00am-5:00pm

Burn All the Diet Books

Dirk came down to the fitness centre last week and let me in on a great new diet book. He didn't expect the reaction he got which was a combination of "not another one" to "what is the latest fad on the market". To say the least my enthusiasm for the book without even opening it was a shade less than watching pre season Canucks hockey this year. For those who know me this reaction won't be a surprise to you. I pretty much detest all diet books, this includes the ones that work, don't work and the other 50% which are just plain goofy. A quote from a prof of mine that has stuck with me is that "you can tell how overweight someone is by the size of their diet book collection". It stuck with me because I have lived with family members who continued to gain fat tissue as the diet book collection continued to grow in our house.

The rationale around the notion that diet books are helpful is that if we educate people about healthy eating they will gain the tools needed to switch their dietary patterns and achieve that beautiful body on the cover of all those books. This is of course assuming you are not reading one of the many diet books out there that I would consider unhealthy or pretty much a waste of time. Even within my profession the "educate and they will change" mentality is widely accepted. In my experience this is rarely the case. Most people know exactly what constitutes a healthy diet, what is missing is the commitment to take action. This is where I feel diet books lead people astray.

Cognitive dissonance is a term used to describe a disconnect between what someone knows they should be doing and what they are actually doing. In this case you know you shouldn't be eating that extra donut but it is just too yummy for you to resist. The feelings afterwards are predictable, you feel a sense of failure and disappointment. If you know you are in need of a change to your diet an action to alleviate a sense of cognitive dissonance is to change your diet, another would be to start the process of changing your diet, that process often starts and ends with buying a diet book. While buying and reading that diet book has not changed your eating habit you have dealt with the guilt of not taking action. This is why I am no big fan of diet books, why the more diet books one owns the more likely they are to put off taking action and why the diet book industry is doing better than ever at a time when obesity is surpassing all historical trends. I would suggest that a better choice of reading material would be a book titled "how to quit stalling and finally have the will to change my behavior".

Rob Wynen
Fitness Centre Supervisor

Fitness Centre Volunteer Opportunities

Are you interested in volunteering in the Fitness Centre?
Please call Rob Wynen at 604.982.8316

FITNESS CENTRE PROGRAMS & SERVICES

Get Started Consultation

This 45 minute session is designed to make 1st time fitness centre users comfortable working out on their own. You will be taken through a short workout and oriented to the strength and cardiovascular machines in our Fitness Centre. To book an appointment, please call 604.982.8300.

\$10.66 with a fitness membership
\$33.44 without a fitness membership
Youth 15-16yrs No charge
 (includes HST)

If you are more interested in a personalized fitness training routine with the support of a one-on-one trainer, consider our Personal Training service.

Get Started PLUS

All the benefits of the Get Started consultation PLUS a 30 minute follow-up session. The follow-up session is a great opportunity to check with your trainer if you have any questions about your current program, make minor program adjustments or ensure you are sticking to your personal goals.

\$44.26 with a fitness membership
\$67.04 without a fitness membership
 (includes HST)

Fitness Centre Orientations

Familiarize yourself with the JBCC Fitness Centre and services! Our staff will provide a general overview of how to use the equipment, Fitness Centre etiquette and answer your fitness-related questions. To book an appointment, please call 604.982.8316.

No charge with a fitness membership
\$6.45 drop-in without a fitness membership
 (includes HST)

Friends/Family in Training

Get in shape with a friend or two or three...or consider training with a spouse or a family member! This is an enjoyable, effective way to combine exercise, social time and group support. This service is a great motivational tool to help you achieve your health and fitness goals. Choose between semi-private and small group training. You choose the time, the number of sessions to train for and the friends to train with and we will provide the trainer!

Groups of 2

3 sessions \$122.30 per person
6 sessions \$234.12 per person
12 sessions \$426.32 per person
 (Includes HST)

Groups of 3 or 4

3 sessions \$87.36 per person
6 sessions \$164.24 per person
12 sessions \$286.54 per person
 (includes HST)

To book an appointment with a trainer that matches your specific needs, please contact the Fitness Centre Supervisor 604.982.8316.

Personal Training

Achieve your personal health & fitness goals with a program tailored for you! If you require specialized training or simply have difficulty staying motivated, then personal training is for you. Includes goal-setting, program design, instruction & the motivation to keep you on track. 1 hour sessions. To book an appointment, please call the Front Desk 604.982.8300.

1 session \$58.24
3 sessions \$169.48
6 sessions \$307.51
12 sessions \$582.84
 (includes HST)

NEW Equipment!!

NuStep Recumbent Crosstrainer: This machine provides simultaneous upper and lower motion, allowing one to burn calories, build strength and improve cardiovascular fitness. The NuStep simulates a natural walking motion while eliminating undesirable joint stress. Its ergonomic design ensures a safe and effective workout for individuals with a wide range of ability levels.



Atlantis Shoulder Press Bench: The benefits of the shoulder press machine are many: improved shoulder strength and muscle mass, more stability while lifting heavier weight, newbie's can learn the motor skill of moving weights above their head without the fear of dropping dumbbells.

Stairmaster Stepmill: Stepping motion incurs less impact than a treadmill, but with higher cardiovascular results. The actual stepping motion forces the foot to remain mostly flat while climbing, versus the "old school" stairmaster format, which does not require the whole foot to leave the step. The stepping motion uses nearly every leg muscle.



Cybex Arc Trainer: is an impact-free exercise and maximum training affect on muscles without over stressing the body. Leg movements are in a biomechanically correct motion that is impact free.

Supervised Teen Time

JBCC's Fitness Centre is for people 15yrs and over. Youth 14yrs&under may participate under special circumstances and must first complete a consultation with our Health & Lifestyle staff prior to participation. Please call Rob at 604.982.8316 to book a consultation.