

Helping You Achieve Your Fitness Goals

- Award-winning variety of services for all ages and abilities
- Inviting facility with great equipment and friendly service
- Customized programs for your needs
- Competitive low cost memberships with access to NorthVanRec fitness classes, weight rooms, swimming, skating and much more
- Highly qualified kinesiologists supervising general and rehabilitative fitness programs
- Supervised cardiac, diabetes and rehabilitation training, fitness programs
- Steady Feet Falls Prevention Program for those at risk of falling, who need a boost of confidence
- Childminding by qualified Family Centre workers (infants to 5 years)



Fitness Centre Hours

Monday –Thursday	6am -10pm
Friday	6am - 8pm
Saturday	8am - 7pm
Sunday	9am - 5pm



JBCC Health and Lifestyle Consultants

Rob Wynen	Barb Zimich
Bahram Badri	Sukhi Kambo
Marissa Ismay	Connie Russell

To book an appointment or for more information please call or visit us:

145 West 1st Street
 North Vancouver, BC V7M 3N8
 604 982 8300 Front Desk
 604 982 8316 Fitness Centre



JBCC Fitness Centre



- **“Get Started” Consultations**
- **Personal Training**
- **Core Training**
- **Lifestyle Checkups**
- **Specialty Rehabilitation Programs**



JBCC Fitness Centre Programs

Become a Member

Fitness memberships includes access to drop-in fitness classes, weight rooms, swimming and public skating at NorthVanRec Centres. Passes are easily purchased on a drop-in basis or as monthly, quarterly and annual memberships.

"Get Started" Consultations

Let us give you an orientation to our facility and design a start-up program that will give you the tools to help you reach your fitness goals. Ask us about our 1 month, 30 minute follow-up session.

Personal Training

Our highly qualified staff can work one-to-one to help you design a tailored fitness program and motivate you to reach your fitness goals.



Core Training

Looking to challenge your workouts? Try adding body balls, BOSUs and wobble boards to challenge your abdominals, lower back and hip musculature. Ask our knowledgeable staff about core training ideas or classes.

Life Style Check-up Consultations

Let us reassess what you are doing now and help you to put the challenge back in to your current program or fine tune it to maximize your results.

Cardiac Rehabilitation & Diabetes Fitness

Work towards restoring optimal health through a series of specialized classes and supervision.



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Heather King, Sharon Spinder
and Sophia Sauter,
Registered Physiotherapists

Providing the North Shore community with one-on-one physiotherapy expertise and support services in a unique community centre setting.

- One-on-one individual attention and unhurried health care
- Thorough and comprehensive assessments, research-based treatment plans.
- The most highly trained and experienced physiotherapists on the North Shore.
- Variety of treatment options including exercise and manual therapy, electrical modalities, acupuncture and client education.
- Access to full fitness facility.
- Video gait analysis & bike fit analysis
- Comprehensive joint pre- and rehabilitation program

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Most extended health insurance plans cover physiotherapy services. Online booking available.

