



FITNESS CENTRE PACKAGE



Welcome to the Jamieson Place Fitness Centre



**308 4th Avenue SW
Calgary, AB
T2P 0H7**



Welcome to the Fitness Centre:

Congratulations on choosing to improve your overall health and fitness. Within this package, you will find how to register for the Fitness Centre, general information, provided amenities and personal training information.

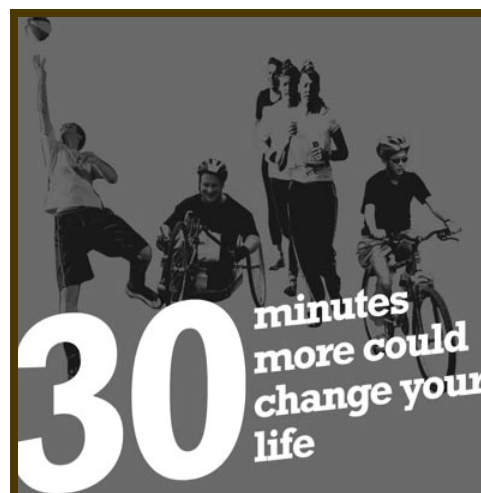
The Jamieson Place Fitness Centre is open to all tenants of Jamieson Place. For liability and safety reasons, no spouses, children or friends of users are allowed to use the facility at any time.

Your building security badge will be programmed to provide you access to the fitness centre after you have completed a Fitness Centre orientation session. Please badge in each time you visit the facility.

Orientation Session:

All users will be required to complete a brief orientation session with the Fitness Centre staff and must complete all applicable forms including the Fitness Centre consent form, Fitness Centre Registration form and the Physical Activity Readiness Questionnaire. All forms are located on the Jamieson Place website under Amenities & Location, Fitness Centre or can be picked up at the facility.

For the mandatory orientation session, a user will have to contact the Jamieson Place Fitness Centre staff from Health Systems Group, for a one-on-one session. The session will review the basic procedures, give an overview of the facility and equipment available, as well as, allowing time for questions.





General Information:

In consideration of others with allergies or sensitivities to scent – please do not use scented lotions, powders, sprays and perfumes in the locker rooms.

No cell phone usage in the Fitness Centre.

In consideration of others, please use the towels and bottles of disinfectant spray provided to wipe down all equipment after use (including the stretch mats).

Please place weights back on racks after use or let down gently to ground during use. Remember not to drop any weights.

Please be courteous to others and limit your cardiovascular equipment use to 20 minutes per piece during peak times or when someone is waiting. This allows everyone the opportunity to get a workout in during our busy times.

In the case of severe injury or medical emergency, phone 911 immediately; and notify Jamieson Place Security, as well as, the Fitness Centre Manager. If you cannot reach a telephone, pull one of the emergency duress buttons located throughout the facility which will connect directly to building security.

Proper workout attire and closed toe shoes **MUST** be worn when using exercise equipment – no exceptions.





Amenities:

Locker rooms have private showers with hair/body soap, Kleenex, towels, hair dryers, and curling/straightening irons. Magazines & daily newspapers are provided in the locker rooms for your convenience and we ask that you not remove them from the facility.

Lockers are ONLY for use while using the facility. Members must be exercising in the facility, or have gone outside for an exercise walk or run. Lockers are not for full day use. Those who occupy a locker for day use will have their lock cut off. Contents from the locker will remain at the manager’s desk for 48 hours. Members wishing to secure their belongings in a locker, must provide their own lock. The Fitness Centre is not responsible for lost or stolen articles.



Personal Training:

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 clients frequently indicate more results in less time. For full information on Personal Training, check out the Jamieson Place website at www.jamiesonplace.com under the Amenities tab or inquire about registration with the Fitness Centre Manager.

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

	Personal Trainer	Senior Personal Trainer
One-on-One		
Program Design	\$122	\$135
3 sessions	\$186	\$207
5 sessions	\$297	\$330
10 sessions	\$549	\$610
Pair		
5 sessions	\$450	\$500
10 sessions	\$828	\$920

Express (30min)	Personal Trainer	Senior Personal Trainer
3 sessions	\$124	\$138
5 sessions	\$198	\$220
10 sessions	\$369	\$410

For Small group training rates, please inquire at the Fitness desk

Prices do not include GST



Equipment Available:

Cardio: StarTrac (TV's/Ipod)

- Treadmills (6)
- Ellipticals (7)
- Recumbent Bikes (2)
- Upright Bikes (2)
- Steppers (2)

Strength: Atlantis

- Low Row
- Lat Pulldown (2)
- Chest Press
- Cable Crossover
- Cable Stations (3)
- Leg Extension
- Smith Machine
- Bench Press
- Curl bar, Olympic bar & weights
- Adjustable benches (3)
- Dumbbells 2.5 - 85lbs
- Leg Press
- Leg Curl
- Shoulder Press
- Multi Hip

Other items include: fit balls, medicine balls, exercise tubing, mats, wobble boards, club steps and various functional stability tools.



Cardiowave





Staffing and Hours of Operation:

You may gain access to the facility using your building access card during the following hours:

Monday – Friday:

4:00 am to 8:00 pm

Weekends & Holidays:

6:00 am to 4:00 pm

Please be aware that the Fitness Centre will not always be staffed. Here are the standard staff hours of operation:

Monday, Wednesday, Friday:

7:00 am to 3:00 pm

Tuesday, Thursday:

9:30 am to 5:30 pm



Contact Information:

Fitness Centre Coordinator

Joanna Ford,

jamiesonfitness@bentallkennedy.com

403-503-9106

Website: www.jamiesonplace.com > Amenities & Location > Fitness Centre

Alternate Contact:

Simona Berneanu

Tenant Relations Manager

sberneanu@bentallkennedy.com

403-303-2426 - Office

403-701-0917 - Cellular

Facility Address

Suite 304

308 - 4th Avenue SW

Calgary, AB

