

ERIKSDALE ACTIVE LIVING CENTRE

2011/2012 MEMBERSHIP FEES

FAMILY

(1 or 2 parents plus dependants up to 21 years old living in the same dwelling)

1 Year - \$400.00

INDIVIDUAL

1 Year - 300.00

6 Months - \$200.00

3 Months - \$100.00

1 Month - \$40.00

-Plus \$20.00 refundable deposit for an Access Key Card.

STUDENTS/SENIORS

1 Year - \$225.00

6 Months - \$150.00

3 Months - \$75.00

1 Month - \$30.00

-Plus \$20.00 refundable deposit for an Access Key Card.

(Student – up to 21 years old currently enrolled as a full time student holding a valid student card)

(Seniors – 65 years of age and older.)

Students 17 & under must be accompanied by an adult with an active membership

Interested in purchasing a Membership to the Eriksdale Active Living Centre?

Please call Nicole Jeffers @ 739-3521 and leave a message or email eriksdalealc@gmail.com and she will contact you to make arrangements for you to meet to get your membership.

Have an EXPIRED Membership and need to return your card?

Drop your card off with Donna Pool @ the Eriksdale Medical Clinic Monday to Friday 9:00 am to 5:00 pm ***Drop off your card and we will return your deposit***

ERIKSDALE ACTIVE LIVING COUNCIL BOARD OF DIRECTORS

Donna Pool – Chair – 739-5313

Nicole Jeffers – Secretary – 739-2009

ElsieAnn Hogue – Treasurer – 739-2895

Paul Ryden – 739-5244

Maggie Greig – 739-3523

MANITOBA HYDRO EMPLOYEES

Do you know that we are recognized by the Manitoba Hydro Fitness Subsidy Program?

Our Centre is recognized as an approved Fitness Facility and Manitoba Hydro will reimburse up to \$250 per year for an Employee Gym Membership.

FALL EXERCISE OPPORTUNITIES IN OUR PROGRAMMING ROOM.

ZUMBA

MONDAYS @ 6:45 PM, WEDNESDAYS @ 5:30 PM AND
THURSDAYS @ 6:45 PM
WITH CARINA FORTE AND SABRINA WINDROSS
FMI Call Carina @ 739-8058
\$50.00 for 5 sessions or \$12.00 drop-in fee.

YOGA

MONDAYS @ 5:30 PM WITH JACKIE TORGERSON
FMI Call Jackie @ 739-2889
\$35.00 For 4 sessions or \$10.00 drop-in fee.

ACTIVE ADULTS

TUESDAYS AND THURSDAYS @ 10:30 AM
WITH MAGGIE GREIG
FMI Call Maggie @ 739-3523
\$4.00 per session

CARDIO CLASSES

TUESDAYS 5:30 PM AND SATURDAYS @ 1:30 PM
WITH LINDA LEE
\$35.00 for 4 sessions or \$10.00 drop-in fee.

GIVE THE GIFT OF FITNESS THIS CHRISTMAS TO SOMEONE YOU LOVE

**Purchase a Gift Certificate for someone for
Christmas using one of these great deals.**

Purchase a 1 month membership and get 1 more
month at 50% off.

Total value = \$60.00 for 2 months

Purchase a 3 month membership and get 3 more
months at 50% off.

Total value = \$150.00 for 6 months

*This deal is good for Gift Certificates purchased between November 15th
2011 until December 24th 2011.

**Memberships will still be subject to a \$20.00 Access Key Card Deposit
payable at time of Membership Activation.

***This Coupon must be presented at time of Gift Certificate Purchase.

******Gift Certificates can be purchased by calling Nicole
Jeffers @ 739-3521, or with Donna Pool at the Eriksdale
Clinic or by stopping at the Christmas Craft Sale with
Maggie Greig. (No Coupon is necessary if purchasing at
Craft Sale)**

CENTRE RULES/POLICYS

**We ask that no outdoor
shoes be used in our gym or
on our Equipment to help
keep our gym clean and our
equipment in the best
condition possible.*

**Please no food or beverages
in our facility with the
exception of water.*

**No children under the age
of 5 allowed in the facility
for the safety of both child
and member.*

**Due to other renters using
the building during business
hours, you may be asked to
stop performing certain
activities/exercises if it is
disrupting others in the
building.*

