

HEALTH AND FITNESS

Fit Centre location: Physical Activity Complex • 87 Campus Drive • Saskatoon, SK • S7N 5B2

Fit Centre

The Fit Centre is a state of the art fitness facility that is a vital part of the University of Saskatchewan. The Fit Centre operates out of the College of Kinesiology Physical Activity Complex. It is our goal to provide an opportunity for participants to improve and maintain their health by creating a fun, friendly, and invigorating atmosphere for all users.

The Fit Centre caters largely to the Campus Community of students, faculty and staff. Memberships are also available to U of S Alumni and the general public.



We want you to feel great not only from your workout, but from the experience you have while training here. Our equipment is very well maintained and our staff is professional. All of our student staff members bring unique qualities to our facility. Whether it's helping you at the front desk, leading you through a fitness class, or a personal training session, we encourage you to lead a healthy and active lifestyle.

Hours of Operation

Fit Centre

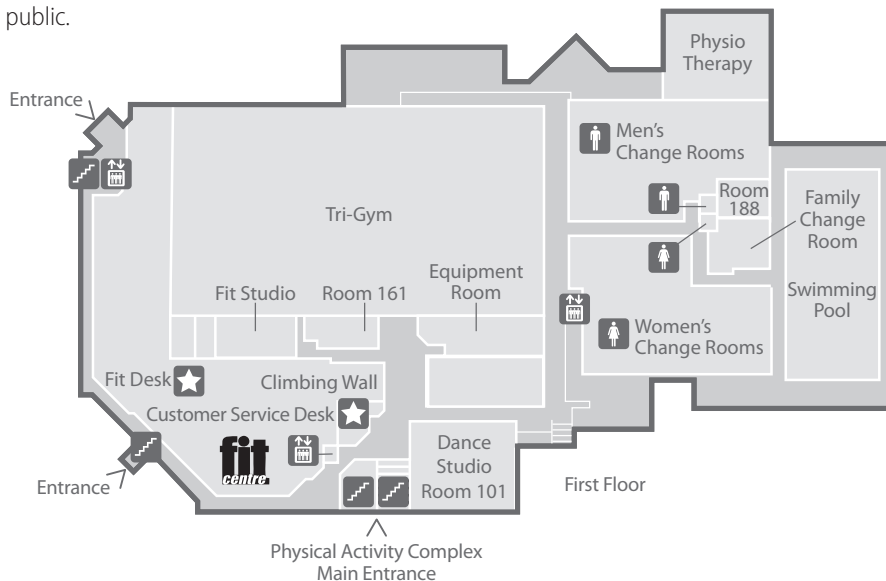
Monday to Friday	6:30 am – 10:30 pm
Saturday & Sunday	8:00 am – 9:00 pm

Education and PAC Courts

For available free gym time call the equipment rooms at

(306) 966-7698 Education
(306) 966-1059 PAC

Hours are subject to change and all facilities will be closed on statutory holidays.



Membership Details

Membership to the Physical Activity Complex (PAC) is open to University of Saskatchewan students, faculty, staff, alumni and the general public. Full-time and part-time students pay for the use of the facility through their annual student fees. ASPA members receive membership through their benefits package. The U of S Community which includes Faculty Association members, Staff (CUPE 1975, CUPE 3287) Alumni, and on campus Non University (NRC, Ag Canada, RUH, Innovation Place) are all eligible to purchase a membership. Members of the general public may also purchase a membership.

All potential members who are faculty/staff, or alumni must present their U of S ID and/or alumni card when purchasing a membership or when utilizing the facility. Membership cards shall be left with the Customer Service Desk for the duration of your workout.

Membership Includes:

- Use of the Campus Fit Centre (13,500 sq. ft. of space)
- 80+ Pieces of cardio equipment
- Fit Studio
- Free weights
- Weight machines
- 30+ fitness classes a week from 6:30am – 8:00pm:
- 40 ft. indoor climbing wall
- 200m. Indoor walk/jog track
- 4 squash/racquetball courts
- PAC and Education pool for aqua-fitness, lane and family swim times
- Open gymnasium times (basketball, volleyball, badminton)
- Family change rooms
- Towel and locker service
- Equipment rentals (racquets, racquetball goggles)

Membership Conditions and Policies:

Please visit us at <https://recservices.usask.ca/getfit/fit-centre/index.php>

Membership Price

U of S Student and ASPA PAC Membership	No additional charge \$50/month + GST \$440/year + GST
Student (that are not assessed rec fees)**	\$25/month + GST
Drop in Pass	\$10/day + GST
Family Swim Pass (non-members)	\$12/day
Education Only	\$25/month + GST
Wall Orientation	\$5 (valid for 6 months)
10 Punch Pass	\$80 + GST

**Student (that are not assessed rec fees): Includes visiting students. A visiting student is considered a person who is registered in full or part-time studies at a recognized institution and working towards a certificate, diploma, or degree; or they have a student visa to be in the country.

Punch Pass/ Drop in Pass

- Entitles access to the Fit Centre, fitness classes, open gym time, swimming pools, racquet courts and track
- Non-transferable and non-refundable
- Photo ID necessary upon every visit
- Does not include towel service or equipment rentals

Get Active Questionnaire

Physical activity has inherent risks. For health and safety, all members will be asked to complete a CSEP Get Active Questionnaire on a yearly basis.

<http://www.csep.ca/en/publications/get-active-questionnaire>

“For almost everyone, the benefits of physical activity far outweigh any risks. For some individuals, specific advice from a Qualified Exercise Professional (QEP – has post-secondary education in exercise sciences and an advanced certification in the area – see [csep.ca/certifications](http://www.csep.ca/certifications)) or health care provider is advisable. The Get Active questionnaire is intended for all ages – to help move you along the path to becoming more physically active.”

Fitness Classes

Having trouble staying motivated? Can't keep up the intensity in your workouts? Why not try a Fitness Class and have someone do it for you. Our Fitness Classes are specifically designed for you to achieve a maximum workout.

Something for everyone, the Fit Centre offers a wide variety of drop in fitness classes that will appeal to all levels and all skills. Check out our class descriptions, you'll be sure to find something that suits your needs. An updated schedule can be found on our webpage or call our Customer Service Desk at 966-1052 for all fitness class details.

Webpage:

<http://recservices.usask.ca/fitclasses>

Fitness Class Sign Up and Drop-In Procedure:

1. Class size is dependent on the class, be sure to sign up early to guarantee a spot.
2. You may sign up on-line for any class 2 days in advance. Please note, you will not be permitted to sign up for anyone else.
3. A limited number of additional drop in spots become available 1 hour prior to the start of the class. Sign up at the Customer Service desk.
4. During peak times, drop in tokens will be handed out, starting 1 hour prior to class.
5. Classes start on time. Please do not enter the classes late as it disrupts the entire class.



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Senior Aqua Fit

May 1st to June 28th, 2018

Tuesday & Thursday	10:15-11:15 am	ED Pool	\$75
Friday	1:30 - 2:30 pm	ED Pool	\$40

Lane Swim Schedule

Spring Summer 2018

The schedule can be found on-line at: www.recservices.usask.ca

Squash and Racquetball Courts

The PAC is equipped with 4 racquet courts.

The courts are available in 45 minute time slots from 6:30 am to 9:30 pm Monday - Friday and 10:15 am to 8:00 pm Saturday and Sunday.

Courts can be booked on-line at <http://motion.usask.ca/courts/>. If you are unable to make your booking, please cancel it on-line.

We ask that people do not make double bookings and keep to 1 time slot. (In fairness to all users, the second slot of a double booking will be canceled by PAC Staff.)

If a court is not claimed within 10 minutes after the starting time, the court may be claimed by one person to practice, or by two people to play.

For your personal health and safety, appropriate eye wear is highly recommended! Eye wear can be rented at the equipment desk.

Racquets can be rented at the equipment desk. If you break a racquet there is a \$45.00 restocking fee. Broken strings are wear and tear, broken frames are not.

Climbing Wall

“The Wall” is a 40 ft. high indoor climbing structure designed to look and feel like an actual rock face. Not only is climbing fun, it’s a great full body workout, so come in to boulder or learn to climb.

All climbers are required to complete a climbing wall orientation and pass a belay test. All climbing equipment is provided. Experienced climbing instructors are on-site and are there to help make sure you have a safe and enjoyable climb.

Wall Orientation

2:30 pm and 6:30 pm daily.

To book an orientation call 966-1052 or come check out the wall and sign up in person.

For group wall bookings call 966 – 1055 during office hours Monday to Friday 8:30am - 4:30pm



Kids/Family Climbing

Family (adult and child) Intro to Climb

For climbers aged 5 -13 years of age.

You can learn to safely belay your child while your child gets comfortable on the wall. Feel free to stay and practice during the drop in time directly following the class. Please note that you will be required to pass a belay test in order to belay your child outside of the class time.

Youth Intro to Climb

For climbers aged 14 -17 years of age.

Learn the basics of climbing including tying in, belaying, and safety procedures on the wall. Feel free to stay and practice during the drop in time directly following the class. Dependent on class numbers, you may be required to register in pairs.

Hours of Operation

Bouldering is permitted during wall hours only.

Monday – Friday	12 pm – 9:30 pm
Saturday and Sunday	10 am – 8 pm

Youth and Family Drop in Times

Friday	7 pm – 9 pm
Saturday and Sunday	10 am – 1 pm

Fees

Child/Youth fee	\$5
Non-member adult drop-in-fee	\$10
Family Intro to Climb	\$15
Wall Orientation additional	\$5
PAC member	No extra charge

Please refer to our website for Rule and Regulations of Underage Climbers

<https://recservices.usask.ca/getfit/fit-centre/index.php>