

GROUP FITNESS CLASSES

PACE CLASSES

All about the cardio! No complicated moves to learn, motivating group environment & music that begs your legs to pedal, you'll find yourself having a blast while you ride your way to a leaner, stronger body.

YOGA & PILATES

Safe & effective way to stretch, strengthen and streamline your body without building bulk or stressing your joints. The perfect compliment to cardiovascular activity.

POWER SCULPT

A class that tones the entire body (arms, legs, butt, abs). Free weights in a group setting but much more personal.

BOOT CAMP

Let someone else "boot your camp" Cardio at its best, intervals, plyometrics, running, jumping and of course fun!

ZUMBA

A cardio dance workout to latin music.



INITIATION FEE

Initiation Fee (\$49.00) applies to New Memberships.
Senior (65+) initiation fee is FREE!

MEMBERSHIPS & RATES

SINGLE

Full Membership - 12 Month	59.95/month
Full Membership - 6 Month	64.95/month
Fitness - 12 Month	49.95/month
Fitness - 6 Month	54.95/month

STUDENT

12 Monthly Payments	34.95/month
6 Month Payments	39.95/month

FAMILY

12 Monthly Payments	129.95/month
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SENIOR

10% OFF ANY MEMBERSHIP

SOCIAL

Includes use of showers and steam room	21.95/month
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GUEST FEES

15.00

ADDITIONAL SERVICES

Towel Service - Daily	1.00
Towel Service - Monthly	5.00
Locker Rental - 1/2 Locker	5.00/month
Locker Rental - Full Locker	10.00/month

* Prices do not include GST *

**CORPORATE RATES AVAILABLE
PLEASE SEE FRONT DESK**

Fish Creek

SPORTS CLUB

**YOUR NEIGHBORHOOD CLUB
FOR FUN AND FITNESS**

*Locally
Owned & Operated*



Squash Raquetball Wallyball Handball
Cardio Equipment Free Weights Atlantis Circuit
Personal Training Group Fitness Classes Steamroom
Boot Camps Licensed Lounge Shake Bar

#1, 259 Midpark Way S.E

403-256-1766

www.fishcreeksportsclub.com

Email: info@fishcreeksportsclub.com

COURT SPORTS

SQUASH, RACQUETBALL



Whether you are a competitive or recreational player, this is the club for you! We offer 3 squash and 3 racquetball courts for your playing and viewing pleasure.

Lesson, leagues, inter-club tournaments and our ever popular "drop - in" sessions are available to start and keep you playing.

WALLYBALL



Volleyball played in a racquetball court.
Lots of fun and a great workout.
Get a group together!

FITNESS

The benefits of regular exercise are endless. We have everything you need to attain and maintain your fitness goals. Cardio equipment, free weights, nautilus circuit and personal training. Work out in our quiet, relaxed, non-competitive atmosphere. Have an equipment orientation arranged at no extra charge. Trained staff will ensure you are using the equipment properly.

Star Trac & Precor Cardio Equipment

Atlantis Circuit Training Equipment



Helpful Staff & Great Attitude!
Positive Sports Director

ADDITIONAL SERVICES

SATURDAY EVENING CLUB RENTAL

\$250 for members and \$325 for non-members. Ideal for groups of 25 or more, you will be entitled to use all facilities, bring your own food and music if you would like. If you have less than 25 people you may wish to book the club friday night at a lower rate.



OWNER'S MESSAGE

As a club facility which has been serving the court sports and fitness needs in south Calgary since 1978, myself and the staff are excited to be part of the reconstruction of this facility.

We will do everything possible to make your time at the club a pleasant and enjoyable experience!

Sincerely,
Brian Carlin & Jillaine Carlin