

PREMIER/MADEMOISELLE FITNESS - 2005/06

366 Bunting Road, St. Catharines
905-935-8887

Premier/Mademoiselle and the Mademoiselle Fitness Centres are pleased to announce their new corporate package to all DSBN employees and their families as follows:

Membership Options:

| | | |
|----------------------|------------------------|------------------------|
| \$0 Registration | \$19.50 bi weekly dues | \$19.50 renewal option |
| \$40.00 Registration | \$17.50 bi weekly dues | \$17.50 renewal option |
| \$99.00 Registration | \$15.50 bi weekly dues | \$15.50 renewal option |

*All memberships are subject to a one time Fitness Assessment Fee of \$100.00.

***** Should you join the club before the Grand Opening (hopefully Nov. 1/05), 3 months free will be given to you, and then you could:
* give the three free months to a family member of friend OR
* redeem the three months him/herself after the initial one-year term.

The following are the features of this new 72,000 sq. ft. facility (largest in Canada)

Aerobics

- two aerobic floors
- 2600 sq feet (women's only) 1000 sq feet (co ed)
- double sprung maple hardwood and cork flooring which absorbs shock
- pilates, yoga, group boxercise, hip hop dance, boot camp and various step and body conditioning classes, approx 50 classes a week included with the membership

Cardio

- 30 treadmills, 30 Ellipticals, 30 lifecycles and recumbent bikes all equipped with individual built in plasma T.V.'s; 15 spinning bikes; 6 arc trainers
- more than 100 pieces of cardio equipment in total
- various cardio and aerobic classes

Main Exercise Floor

- 16,000sq feet
- Hammer Strength
- Techno Gym
- Icarian
- extensive free weight area
- Cybex
- Life Fitness
- Atlantis

Boxing Facility

- heavy bags, speed bags
- full size boxing ring
- one on one training
- boxing for fitness aerobics classes

Pool

- 25m lap pool
- 22m recreational pool with full size tube slide
- 20 feet x 10 feet co-ed whirlpool

Locker Rooms

- all ceramic tiles; 3 piece private bathrooms; full towel service
- personal amenities (shampoo, body wash, hairspray...)
- Vanities (curling irons, straight irons, blow dryers)
- eucalyptus steam rooms

Medex

- sports specific training
- cardiac patients, rehabilitation
- personal training focusing on isolated injury
- special needs

Day Spa

- facials, pedicures, manicures
- many more affordable treatments
- mud wraps and sea salt exfoliation
- tanning beds and stand up tanning

Physiomed

- team of kinesiologists; Chiropractor
- in house physiotherapist, registered massage therapist, rheumatologist

Youth Gym

- Ages 6 to 16 (depending on height)
- Apex equipment specifically designed for youths
- circuit training
- separate youth change rooms
- supervised by kinesiologists
- access to recreation pool/basketball court

Gymnasium

- double sprung, hardwood maple and cork flooring
- basketball, volleyball, floor hockey

Child care

- ECE qualified; structured programs; arts and crafts, videos

Snack Bar -relaxed sit down atmosphere ; nutritional consultation ; healthy snacks/beverages

MADEMOISELLE WOMEN'S FITNESS & DAY SPA

Similar fitness facilities but strictly for women at the following locations:

400 Scott Street (Grantham Plaza) at 937-8888 and 221 Glendale Ave. (Pen Centre) at 641-8858

Please contact the location for further details ...



SURVEY OF FITNESS FACILITIES IN THE REGION

During the summer we contacted numerous fitness centres to ask if they would consider a corporate rate for District School Board of Niagara employees and their immediate family members. The results are set out below from the facilities that responded. Interested employees and their spouse/dependent children are asked to contact the facility directly.

| CITY | FACILITY | BRIEF DESCRIPTION OF SERVICES | SPECIAL RATES FOR DSBN |
|----------------|--|---|--|
| FORT ERIE | Curves for Women 905 871-1977 | This is a female facility only. Their program consists of 30 minutes circuit total body strength training and aerobics. Membership entitles use at all Curves internationally | Sign-up fee \$199. and \$49. month or \$421.20 per year Waived sign-up fee on pre-authorized payment plan |
| NIAGARA FALLS | Curves for Women (2 N.F. locations + Fort Erie) 905 357-2226 905 358-1977 | Female oriented facility 30 minute circuit total body strength training and aerobics | Membership entitles use at all Curves Sign-up fee \$199. and \$49. month Sign-up fee \$199. and \$421.20 per year Waived sign-up fee on pre-authorized payment plan |
| PORT COLBORNE | G & M Fitness 905 834-0550 | Co-ed, gym, cardio, weights, exercise equipment, men's sauna, personal training available. The more employees who sign, the lower the rate. | Regular \$324. annual membership <u>DSBN offer:</u> 5- 9 people \$224. annual Call for details on rates |
| | Fit Happens 905 834-3534 | Female oriented, circuit workout, training, pilates, yoga, kick boxing, aerobics, cardio, body comp analysis | 1 to 5 registrants \$423.60 annual 6 to 10 registrants \$385.09 annual 11 to 16 registrants \$346.58 annual 17 to 21 registrants \$308.07 annual 21 & more \$269.57 annual |
| ST. CATHARINES | Fulton's 24 Hour Fitness 905 688-8400 | Co-ed, gym, aerobics, yoga, pilates, boxing, kickboxercise, spinning, tanning, saunas, women's 30-min. circuit. Open 24-7 | \$350. Annual 5 or more people \$250. \$15. per visit |
| | White Oaks Resort & Spa 905 688-6800 | Co-ed, pilates, yoga, cardio, exercise equipment, court sports, tanning, pool, personal training, nutritional consultation, aerobics, spinning, water aerobics | \$ 65 per month \$105 for husband/wife (\$99 initiation fee waived) |
| | Yoga by Sarah 905 682-4469 | Co-ed, yoga and pilates studio. 30 classes weekly including beginners, intermediate, advanced, pre-natal and children's | 10% DSBN corporate rate \$15. per visit + GST \$200. (3 months unlimited use) + GST \$370. (6 months " ") + GST \$600. (1 year " ") + GST |
| | Curves 905-688-0606 and 905-892-7968 (Fonthill) | Female oriented facility 30 minute circuit total body strength training and aerobics | 1-5 join - \$57 service fee, \$39 mo. (1 yr) 6-10 join-\$37 service fee, \$39 mo. (1 yr) 11+ join -No service fee, \$39 mo. (1 yr) |
| WELLAND | Galaxy 2000 Health Studio 905 735-1804 | Co-ed, health studio, cardio, weights, exercise equipment, sauna, aerobics, pilates, | Minimum of 5 persons for corporate rate of \$245. per year \$6.00 per visit \$290. annual |
| | Ultimate Women's Fitness Studio 905 714-7801 | Female oriented, gym, spa, aesthetics, yoga, pilates, spinning, | \$60. enrollment + \$39.59 monthly Corporate rate/discount waiving enrollment fee + \$31.03 monthly to be determined based on enrolment |
| | X Fitness 905 714-4545 | Family oriented, gym, cardio, weights, exercise equipment, personal training, aesthetics, pilates, jazz, step. Open 24-7 | 2 for 1 based on (30 registrants within 1 week) \$40.00 - 1 month \$110.00 - 3 months \$155.00 - 6 months \$225.00 - 1 year or (also family rates) |