

# Broda Family Fitness Centre

## Conditions of Use

- Use the cardio and weight equipment at your own risk.
- All users are required to sign a waiver prior to use.
- Youth under the age of thirteen (13) are not permitted to use the cardio or weight equipment. Youth between the ages of thirteen (13) and fifteen (15) may use the cardio and weight equipment only while under the direct supervision of an adult at least eighteen (18) years of age.
- Use of cardio equipment is by reservation only. Users may reserve machines in twenty (20) minute blocks by signing their name to the appropriate box on the Reservation Grid near the fitness centre entrance. Reservations do not apply to weight machines.
- Users must wipe down all machines, weights and benches after each use.
- Food, gum and beverages are not permitted in the *Broda Family Fitness Centre*. Water in a plastic or metal bottle is allowed. Absolutely no glass bottles.
- Non-marking athletic footwear and appropriate exercise attire is required. No street shoes. T-shirts or full length tank tops are required.
- Spitting is not permitted.
- The City of Prince Albert reserves the right to deny any person access to the fitness centre for behavior deemed inappropriate.

**FOR MORE INFO CALL: 953-4989**

## Drop-In Hours / Fees\*

September to April

Monday to Friday: 6:00 AM - 11:00 PM

Saturday & Sunday: 7:00 AM - 11:00 PM

Stat Holidays: 12:00 PM to 6:00 PM

May to August

Monday to Friday: 7:00 AM - 9:00 PM

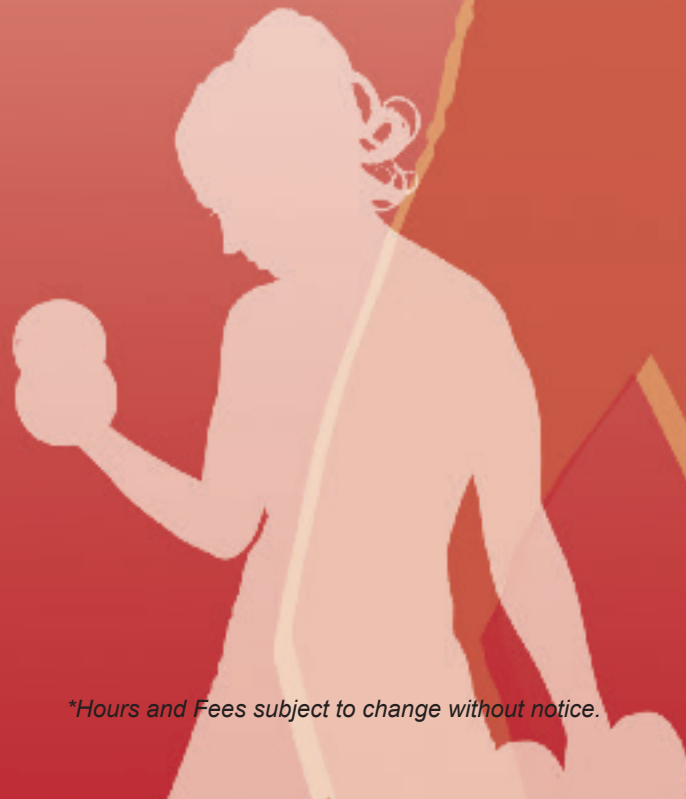
Saturday and Sunday: 8:00 AM - 6:00 PM

Stat Holidays: Closed

**Adult: \$8.75   Youth / Senior: \$5.25   Family: \$17.50**

## Equipment

- 4 Treadmills
- 1 Recumbent Bike
- 1 Leg Press
- 1 Leg Curl
- 1 Shoulder Press
- 1 Lat Pull Down
- 3 Upright Bikes
- 2 Ellipticals
- 1 Leg Extension
- 1 Rower
- 1 Chest Press
- 3 Dumbbell Sets



*\*Hours and Fees subject to change without notice.*