

DID YOU KNOW?

What: Fitness Centre

Who: Sarah Estabrooks - Kinesiologist

Where: Human Performance Centre



When: Key Access 5:30 AM to 12 AM, 365 days a year!
Staffed Hours are 8:00 AM to 8:00 PM Monday to Thursday;
8:00 AM to 4 PM Friday; 9:00 AM to 12:00 PM Saturday

Why: To Achieve Your Best!

“Did you know that we have a fully equipped fitness centre?”

“The Human Performance Fitness Centre has a wide range of exercise equipment, group fitness programming, personal training and health professionals to get you started towards reaching your fitness goals and achieving your best.

We provide a friendly atmosphere, which will make getting to the gym that much more enjoyable.

Our guest passes are a great way to try out the facility at your convenience.”

Hope to see you soon!

