



Welcome to the Livingston Club Fitness Centre

Congratulations on choosing to improve your overall health & fitness!
Here are some things to remember, but always feel free to ask for assistance.

HOURS OF OPERATION

You may gain access to the facility using your building access card during the following hours:

Monday - Friday:	5:00 am to 8:00 pm
Weekends & Holidays:	6:00 am to 4:00 pm

STAFF HOURS

Please be aware that the Fitness Centre will not always be staffed.

Monday, Wednesday, Friday:	7:00 am to 3:00 pm
Tuesday, Thursday:	9:30 am to 5:30 pm

The Fitness Centre is for use by Livingston Place Tenants ONLY after they have completed a registration appointment with a Fitness Centre staff person. For liability & safety reasons, no spouses, children or friends are allowed to use the facility at any time.

BADGE IN

Your building security badge will be programmed to give you access to the fitness centre after you have completed a Fitness Center orientation session. Please badge in each time you visit the facility, even if you are coming through the open door behind another person.

LOCKERS

Lockers are ONLY for use while using the facility. Members must be exercising in the facility, or have gone outside for an exercise walk or run. Those who occupy a locker "throughout the day" will have their lock cut off and items removed to the lost & found box. Lost & Found items will be kept for 48 hours, and after that they will be donated to good will. Members wishing to secure their belongings in a locker, must provide their own lock. The lock must be removed at the end of the workout. Members are discouraged from bringing valuables to the fitness centre. The Fitness Centre is not responsible for lost or stolen articles.

AMENITIES

Locker rooms have private showers with hair/body soap, Kleenex, towels, hair dryers, and curling/straightening irons. Magazines & daily newspapers are provided for your convenience and we ask that you not remove them from the facility.

GROUP EXERCISE PROGRAMS

Varieties of classes are held at the fitness centre. All group exercise classes will be led by certified instructors. Members who wish to participate in group exercise programs will be required to register & pay a fee. Registered programs will typically run for 6 - 10 weeks.

PERSONAL TRAINING

Personal Training is a great option for individuals with specific targets and goals in mind. Your trainer will challenge you, motivate you and follow up with you to make sure you stay on the right track. Personal Training clients frequently indicate more results in less time. Please visit www.livingstonplace.com for more information about our personal training program and rates.

SAFETY & EMERGENCY PROCEDURES

- In the case of severe injury or medical emergency, phone 911 immediately; and notify Livingston Place Security. If you can't reach a telephone, pull one of the emergency duress buttons located throughout the facility which connect directly to building security.
- Closed toe shoes MUST be worn when using exercise equipment - no exceptions.

EQUIPMENT TIME LIMITS

Please be courteous to others and limit your cardiovascular equipment use to 20 minutes per piece during peak times or when someone is waiting. This allows everyone the opportunity to get a workout in during our busy times.

FACILITY ETIQUETTE

- In consideration of others with allergies or sensitivities to scent - please do not use scented lotions, powders, sprays and perfumes in the locker rooms.
- No cell phone usage in the Fitness Centre.
- In consideration of others, please use the towels and bottles of disinfectant spray provided to wipe down all equipment after use (including the stretch mats).
- Please do not drop the weights.

If you have any questions please contact Curtiss Matson

Email : livingstonfitness@bentall.com

Tel: 403.716.2007

Please visit the Livingston Place web-site for additional Fitness Centre information.

www.livingstonplace.com > Tenant Notices & Events > Fitness Centre