

## Face 2 Face



### Exclusive to the Sackville Sports Stadium and Included in all Fitness Centre Memberships!

Regardless of your fitness level, you don't want to waste time or money. You want results and we guarantee you will get them!

We take the time to get to know you, where you are now with your fitness goals, and where you want to be. We tailor your personal fitness plan using the latest scientific approach and most time efficient techniques so you never get bored or have to quit because you are too busy.

Once we have made sure you get off to a great start, we will keep you motivated all year round with regular progress checks and updates.

It's all free with your membership because when you succeed, we all WIN!

- **5 weekly, one on one sessions with a qualified Face 2 Face trainer.**
- **Establish healthy exercise habits that fit into your lifestyle.**
- **Improved confidence in and out of the gym.**
- **Guaranteed results in 30 days!**
- **\*Terms & conditions apply**

SUPPORT - ADVICE - RESULTS

## Stadium Facilities

Co-Ed Fitness Centre  
2 Swimming Pools  
2 Fitness Studios  
Community Multipurpose Room  
Indoor Cycling Studio  
Training Zone  
Arena  
Child Care  
Meeting Rooms  
Curling Arena (Sept. - March)  
Indoor Fieldhouse (April - August)

## Stadium Services

Group Exercise (Land & Aqua)  
Indoor Cycling  
Personal Training  
Face 2 Face  
Fitness Programs  
Aquatic Programs  
Leisure Programs  
Wellness Programs  
Swimming  
Skating  
Camps  
Pool Parties  
Child Minding  
Shinny  
Facility & Ice Rentals

### Sackville Sports Stadium

409 Glendale Drive  
Lower Sackville, NS  
B4C 2T6

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## Memberships



[thestadium.ca](http://thestadium.ca)

HALIFAX

## What Membership

### Flex Lifestyle Membership

Term: 3 Months  
Includes: Co-Ed Fitness Centre  
Group Exercise  
Cycle Zone Classes  
Swimming  
Skating  
Face 2 Face Program  
Cost: Adult - \$199.00 +HST  
Senior / Youth - \$159.00 +HST  
Family - \$303.00 +HST  
Pmt Options: Must be paid in full

### Lifestyle Membership

Term: Annual or 2 Year  
Includes: Co-Ed Fitness Centre  
Face 2 Face Program  
Cost (1yr): Adult - \$535.34 +HST  
Senior / Youth - \$405.34 +HST  
Cost (\*2yr): Adult - \$405.34 +HST  
Senior / Youth - \$301.34 +HST  
Pmt Options: Paid in Full  
Bi-Weekly Payments  
Monthly Payments

### Lifestyle Plus Membership

Term: Annual or 2 Year  
Includes: Co-Ed Fitness Centre  
Group Exercise  
Cycle Zone Classes  
Swimming  
Skating  
Face 2 Face Program  
Cost (1yr): Adult - \$613.34 +HST  
Senior / Youth - \$509.34 +HST  
Cost (\*2yr): Adult - \$535.34 +HST  
Senior / Youth - \$405.34 +HST  
Pmt Options: Paid in Full  
Bi-Weekly Payments  
Monthly Payments

## Is Right

### Lifestyle Family Membership

Term: Annual or 2 Year  
Includes: Co-Ed Fitness Centre  
Swimming  
Skating  
Face 2 Face Program  
Cost (1yr): \$795.34 +HST  
Cost (\*2yr): \$717.34 +HST  
Pmt Options: Paid in Full  
Bi-Weekly Payments  
Monthly Payments

### Lifestyle Family Plus Membership

Term: Annual or 2 Year  
Includes: Co-Ed Fitness Centre  
Group Exercise  
Cycle Zone Classes  
Swimming  
Skating  
Face 2 Face Program  
Cost (1yr): \$873.34 +HST  
Cost (\*2yr): \$795.34+ HST  
Pmt Options: Paid in Full  
Bi-Weekly Payments  
Monthly Payments

### Pool Membership

Term: 3 Month, Annual, or 2 Year  
Includes: Access to our General Swim Schedule.  
Cost (3 mth): Adult - \$132.00 +HST  
Senior / Youth - \$103.00 +HST  
Family - \$219.00 +HST  
Cost (1yr) Adult - \$406.64 +HST  
Senior - \$325.26 +HST  
Family - \$676.00 +HST  
Cost (\*2yr) Adult - \$302.58 +HST  
Senior - \$221.26 +HST  
Family - \$572.00 +HST  
Pmt Options: Paid in Full  
Bi-Weekly Payments (1 & 2yr only)  
Monthly Payments (1 & 2yr only)

## For You!

### Supreme Teen Membership

**(Must be enrolled in Grade 6 up to Grade 12 of the current school year)**  
Term: Annual  
Includes: Co-Ed Fitness Centre  
Group Exercise  
Cycle Zone Classes  
Swimming  
Skating  
Face 2 Face Program  
Cost: \$168.89 +HST  
Pmt Options: Paid in Full  
50% at signup, 50% by the 3rd mth

- Membership Categories  
Youth: 12-21 years of age.  
Adult: 22-59 years of age.  
Senior: 60+ years of age.
- Add-On: Add a spouse, partner, or dependant onto your membership & save \$\$!
- \*2yr Memberships: Cost quoted is per year.
- Family: 2 adults (spouse / partner) and 3 children under the age of 21 and all living in the same household.
- Bi-weekly or monthly payments: Require an initial payment plus an \$18 admin fee. Banking info must be present at signup. Not available on 3 month memberships.
- Must be 19 yrs or older to purchase a term membership. Those under 19 must have their parent / guardian present.
- Prices subject to change.
- Terms & conditions apply.

## Fitness Centre Hours of Operation

**Monday - Thursday**

5:15am - 10:30pm

**Friday**

5:15am - 10:00pm

**Saturday & Sunday**

7:00am - 10:00pm