

Active Pass Membership Requirements

* Children 12 years of age and under are not permitted in the Viterra Fitness Centre.

* Youth 13 - 15 years of age must complete a gym orientation program prior to using the fitness centre.

* Seniors are defined as patrons who have reached their 55th birthday.

* Family is defined as family (up to five) residing at the same address. Maximum of two adults.

Gym Orientation

The Gym Orientation offers great information and proper instruction about the exercise equipment in the Viterra Fitness Centre!

Check at Stride Place Reception to get more information about a personal Gym Orientation



Viterra Fitness Centre Hours

Monday - Friday:

5:35am – 8:30am (Members Only)
8:30am – 8:30pm
8:30pm – 11:30pm (Members Only)

Saturday:

5:35am – 11:30am (Members Only)
11:30am – 7:30pm
7:30pm – 11:30pm (Members Only)

Sunday:

5:35am – 10:00am (Members Only)
10:00am – 6:00pm
6:00pm – 11:30pm (Members Only)

Stride Place Reception Hours

Monday - Friday: 8:30am - 8:30pm
Saturday: 11:30am - 7:30pm
Sunday : 10:00am - 6:00pm

Stride Place - PRRA Inc.
A Place for You...

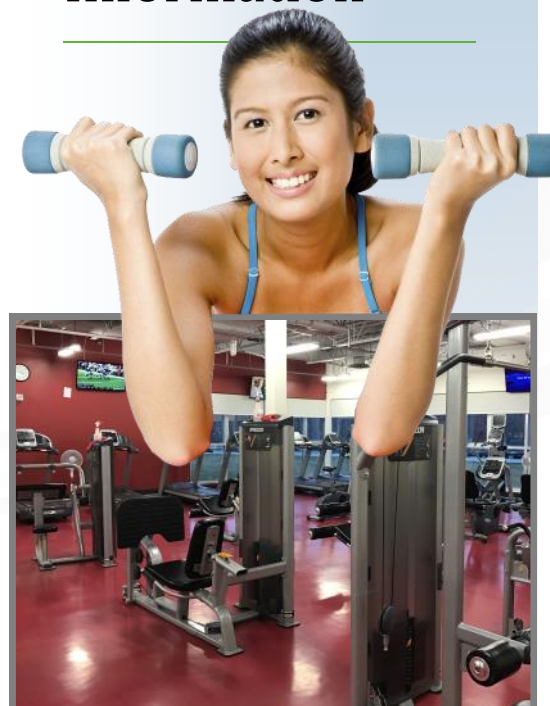


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info@prra.ca StridePlace.ca

Stride Place

Active Membership Information



A Place for Fitness...

Active Pass Membership

Whether you want to workout in our fitness centre, swim for fun or fitness, enjoy an invigorating fitness class or walk on the walking track, the Stride Place has everything you need!

All Active Passes Include:

- Viterra Fitness Centre Access
- Portage CO-OP Walking Track Access
- Shindleman Aquatic Centre Access
(does not include lessons)
- Daily Locker Rental Free with own Lock
- Optional Locker Rental
**based on availability*
- Aquafit Classes

Aquatic Membership

The Annual Aquatic membership which includes Lap /Fitness Swim, Public Swim and Aquafit, also includes Splash Island.

Adult: 385.00/year
155.00/ 3mth
Youth: 225.00/year
90.00/3mth
Senior: 260.00/year
130.00/3mth
Family: 925.00/year
350.00/3mth

*Aquatic Membership Includes: Public Swim, Lap / Fitness Swim & Aquafit. * Includes both Shindleman & Splash Island.
* 2020 Prices * Membership begins from date purchased.*



AquaFIT Monday 12:00 - 1:00 & 8:00 - 9:00pm
Tuesday & Thursday 7:00 - 8:00pm
Saturday 12:00 - 1:00pm
* \$8.00 Drop In * Schedule until March 20, 2020
Aquafit is included with All Aquatic & Active Pass Memberships!

NOTE: Trained Lifeguards teach aquafit classes for motivational purposes. The staff are not certified fitness instructors. Please be sure to participate at your ability level and let staff know immediately if you have any abnormal pain or discomfort. Those with medical conditions, new participants and those adding exercise into their life should seek medical advice prior to participating as there is an inherent risk of injury in any physical activity including the aquafit programs.

Active Membership Options

Membership Duration Options:

- Annual Membership
- 3 Month Membership
- 1 Month Membership
- 1 Week
- Daily Admission

Choose the style that suits you best!

	Annual	3 Month	1 Month	1 Week	Daily
Adult (25-54)	495.00	160.00	82.00	45.00	10.00
Young Adult (18-24)	450.00	140.00	75.00	40.00	10.00
Youth (13-17)	330.00	135.00	70.00	40.00	8.00
Senior (55+)	330.00	135.00	70.00	40.00	8.00
Couple (2 Adults)	950.00	305.00	140.00	80.00	20.00
Family* (Family of 5)	1,200.00	360.00	150.00	85.00	30.00

* Family is 2 Adults & 3 Children from the same physical address
* Pricing may change without notice *2020 Pricing



Fitness Centre

The Viterra Fitness Centre is filled with user friendly equipment to challenge you! If you are a beginner or novice there is everything you need to achieve success, resulting in healthy and active lifestyle!

6 Treadmills, 5 Elliptical, 2 Steppers, 6 Stationary Bikes, 1 Rower, 10 Weight Machines, LateralX, Free Weights, Exercise Balls, Skipping Ropes, Jacob's Ladder, Medicine Balls and Aerobics Equipment.

Viterra Fitness Centre Hours:
Monday - Sunday 5:35am - 11:30pm

Walking Track Membership

Portage Co-op Walking Track is 210 meters of track to walk, jog or run your way to better health! With two one meter-wide lanes, the track can accommodate users of all ages and abilities.

- * 210 meters = 687 feet
- * 5 laps = 1 kilometer (approx)
- * 8 laps = 1 mile (approx)

Walking Track Membership Fees

All Users

Annual: \$150.00
3 Month: \$55.00
Daily: \$3.00

Membership Includes admission to the walking track during restricted times.

Walking Track Restricted Access

The Walking Track will be open to Walking Track members, Active Pass Holders and those patrons who have purchased a daily admission only.

Restricted Access Times:

Monday to Friday 5:30am – 4:00pm
Saturday: 7:00am – 9:00am

Walking Track may be closed on special occasions, check online at www.StridePlace.ca or at the Stride Place Customer Service for closures and/or notices.



Portage CO-OP Walking Track