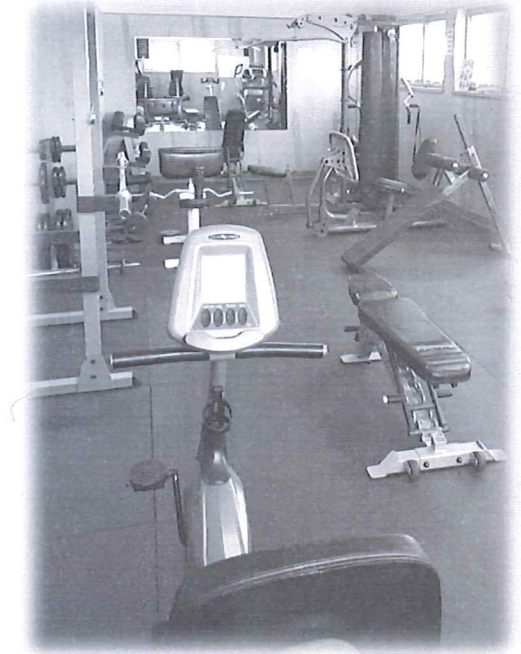


## Adams Lake Recreation & Conference Centre

# FITNESS ROOM



ALIB FITNESS CENTRE				
6349 Chief Jules Drive		Telephone: 250-679-3515		www.alrcc.net
<b>NEW HOURS</b>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM – 4:15 PM				
For more information:		please call		
<small>Guests under 16 years of age will receive 25% off.</small>				
<b>MEMBERSHIP FEES:</b>				
	YOUTH (12 – 18 YEARS)	ADULT (19 – 65 YEARS)	ELDER (65+ YEARS)	
Drop-In Fee – Day	\$5.00	\$5.00	\$5.00	
Punch card; 10 visits	\$40.00	\$45.00	\$35.00	
One Month	\$25.00	\$32.00	\$25.00	
Family – 2 parents & 3 children	\$75.00			
3 Month – Individual	\$55.00	\$75.00	\$50.00	
3 Month – Family	\$165.00			
12 Month – Individual	\$150.00	\$200.00	\$160.00	
12 Month – Family	\$465.00			



ALIB promotes health & wellness, the Fitness room is free to ALIB membership (all users must be 16 years +) & community members (show proof of residency).

All users will have to complete a waiver form and use at own risk.

**Adams Lake Recreation & Conference Centre.**

**6349 Chief Jules Dr**

**250-679-3515 (leave a message)**

## Fitness Room

### Hours:

### MON—FRI

### 8:00 am—4:15 pm

*Times can change due to sick days, TOIL taken, or closed on holidays, sorry for the inconvenience*