



FITNESS CENTRE

Fitness & Wellness Director (Maternity Leave): Christine Filewich
Interim Fitness & Wellness Director (Youth Activity Director): Matthew Graves
Fitness & Recreation Office: 780.437.8398
E-mail: athletics@derrickclub.com

Hours of Operation

Monday – Sunday & Holidays 6:00 a.m. – 11:00 p.m.

Registration Policy

Members are responsible for registering and canceling from programs online. Unless otherwise noted, all classes are ongoing “monthly programs” and run month-to-month without interruption. Cancellation must be done online one week prior to the first class, or you will be charged in full. Program instructors are not responsible for registration or cancellation.

Fitness Centre Orientations

We teach you how to use equipment properly. Learn about the programs we offer and choose the ones that suit you and your lifestyle. Orientations run on Saturdays from 1:00 – 1:30 p.m. If this time doesn't work for you, please contact us and we will suggest alternatives. Email athletics@derrickclub.com or call 780.437.8398 to register for an orientation at no cost.

Fitness Classes

Not sure which class is for you? Arrange a trial class through Matthew in the Fitness Office.

Missed the start date of a program?

No problem! You can register for a program if it has started unless otherwise stated. The price of the class will be modified to correspond to when you register for the class.

Monthly On-Going Programs

Class Cancellation

All classes are cancelled on statutory holiday weekends.

Fitness Class Drop In

An alternative for members who want to attend the occasional class or try something new. Check the monthly schedule or call to ensure the class is running and not full.

\$12/class - Monthly Pass \$15/class - Specialty Class

Monthly Fitness Pass

Summer Price \$30/month

Enjoy variety in your fitness. The monthly pass enables members to participate in a variety of fitness classes for one affordable price. This program is billed continuously each calendar month until cancelled on GameTime. Most classes take place in the studio unless otherwise noted.

A modified summer schedule will run July 3 – August 30

Modified Summer Schedule

Muscle Works Fat Burning

This fitness class is structured with lighter weights and higher repetitions. Come to boost your metabolism, continuing to burn fat long after the class is over! Prepare to lunge, squat, curl, sweat, and enjoy a group workout. Designed for both men and women—anyone who wants to increase muscle definition.

Monday | 9:00 a.m. – 10:15 a.m.

Monthly Pass

Spin & Strengthen

This class will focus equally on spin and resistance training. A portion of each class will be spent on the bike, and the other with functional resistance exercises. By incorporating a variety of equipment, such as BOSU balls, resistance bands, and gliders, this class is dedicated to producing transferrable fitness.

Wednesday | 9:00 a.m. – 10:00 a.m.

Monthly Pass

Total Body Conditioning (TBC)

If you're looking for a full-body, high-energy, group-based resistance training workout, this class is a must! The class combines strength, endurance, balance, and core work.

Friday | 9:00 a.m. – 10:00 a.m.

Monthly Pass

Specialty Classes

Summer Outdoor Bootcamp

Enjoy the fresh air with this bootcamp style fitness class. You will jump, run, press, pull, throw, and sweat your way through these fun and challenging workouts.

We will be offering three different times so everyone has a chance to enjoy.

Wednesday

Session 1: July 3 – 31

Class 1: 6:00 – 7:00 a.m.

Class 2: 9:00 – 10:00 a.m.

Class 3: 6:00 – 7:00 p.m.

Cost: \$60

Session 2: August 7 – 21

Class 1: 6:00 – 7:00 a.m.

Class 2: 9:00 – 10:00 a.m.

Class 3: 6:00 – 7:00 p.m.

Cost: \$50



PERSONAL FITNESS TRAINING & CONSULTATION PROGRAMS

The best way to maximize your efforts and ensure results is with a personal trainer! We'll help you avoid the common mistakes that waste time, while teaching you techniques to make your exercise routine more effective. Make a real difference in your workouts with the following options. Contact the Fitness Office at 780.437.8398 or email athletics@derrickclub.com to set up an appointment. More information about our personal trainers is available on our website at www.derrickclub.com.

- **Christine Filewich** (Maternity Leave)
**Fitness & Wellness Director,
Level III Trainer**
MSE, BSE, CSCS, NSCA-CPT, FMS,
Precision Nutrition
- **Matthew Graves**
**Youth Activity Coordinator,
Level II Trainer**
BSc, ACE-CPT, ELA-PFT, ACE-YAS,
ACE-SCS, ACE-FTS
- **Rachelle McGillivray**
Level III Trainer
BEEd, CSEP-CPT, FMS, AKC, TPI Level 1
- **Steph Fisher**
Level III Trainer
BKin, CSEP-CPT
- **Graham Doody**
Level III Trainer
BARLS – Sports Performance, CSCS,
CFL2, Precision Nutrition 1
- **Mason Rabinovich**
Level I Trainer
NAIT-PFT, CSEP-PFT
- **Devon Edmunds**
Level I Trainer
AFLCA CFT, Rugby Coaching Level 1
- **Daniel Kajilanic**
Level II Trainer
Australian Academy of Sport & Fitness

Personal Training Program Rate

Level 1 Trainer Rate

\$62 per 1-hour session
\$37 per 30 minutes
\$520/10 sessions & regular clients

Group Rates:

\$75 for 2 people
\$95 for 3 people
\$105 for 4 people

Level 2 Trainer Rate

\$67 per 1-hour session
\$42 per 30 minutes
\$570/10 sessions & regular clients

Group Rates:

\$80 for 2 people
\$100 for 3 people
\$110 for 4 people

Level 3 Trainer Rate

\$72 per 1-hour
\$47 per 30 minutes
\$620/10 sessions & regular clients

Group Rates:

\$85 for 2 people
\$105 for 3 people
\$115 for 4 people