

# Fitness Room Update

Fall 2011



## Contact Us

Have a suggestion, question, comment or concern to pass along to us? Let one of the weight room or front desk staff know. Call us at 250-469-8800 or submit your thoughts through our online Service Request System on the City's website, kelowna.ca.

## The Pass Advantage

Looking to renew your fitness pass? Consider investing in a six month or year membership pass and receive some bonus time with a personal trainer.

Purchase a 6 month pass and receive a free 1/2 hour of consultation with a personal trainer. With a year pass, a full hour of personal training is offered.

This is a great opportunity to renew your pass AND have professional fitness staff help change up your routine or ensure that your workout is optimally working for you.

## Your feedback

This past spring we received more than 250 survey responses on the function, equipment and layout of the Parkinson Fitness Room. Thanks again to all who participated and provided us with great feedback!

Although you may not have seen any drastic changes yet, we want to keep facility users in the loop as we have implemented a few of your suggestions including increased supervision in the weight room. We continue to work on phasing in some of the larger changes which include bringing in new equipment and re-organizing the fitness room.

Due to the time needed to make these arrangements, larger changes are likely to take place next summer.

We recognize that there may be some slight disruptions as these recommendations are implemented over the next year and we appreciate your continued patience and feedback.

If you have any questions regarding the survey or the future of the fitness room, please fill in a comment card and we will get back to you as soon as possible.

## Meet Nikki

**Wish you could get just a little bit more out of your workout?**

**Tired of the same old routine?**

Meet Nikki Blaniel. With more than 15 years experience in fitness and personal training, Nikki can easily help you meet new fitness goals, overcome challenges due to injury or develop a program that's just right for you.



**Nikki - Got any tips for using the Fitness Centre?**

*We often get asked: When is the fitness centre the least busy? Many of our patrons schedule their workouts in a two day rotation on Mondays, Wednesdays and Fridays. So, if you prefer to work out with less people around, Tuesdays, Thursdays and Weekends tend to be more quiet in the Fitness Centre.*

**Speaking of routines - I'm struggling to stay focused and get to the gym regularly. Any suggestions?**

*Making fitness a part of your daily routine, in or out of the gym, will help keep you on track, active and provide momentum and motivation. On your days "off", go for a walk, do some stretches or participate in a sport or activity that will get your blood flowing.*

*Changing up your routine can also help to restore your drive. Book a short appointment with myself, or one of our other great personal trainers, and let us help you add some new exercises to your regimen for added interest, excitement and - of course - results!*

