

Jamieson Place Fitness Centre Information



A FITNESS CENTRE
THAT CAN RIVAL THE
BEST THAT CALGARY
HAS TO OFFER



Jamieson Place Fitness Centre

An exclusive fitness centre

The Jamieson Place Fitness Centre is a leading industry service provider. Our Group Exercise, Personal Training, and Customer Service rival the best that Calgary has to offer. And our members confirm this with consistently high satisfaction ratings.

The Jamieson Place Fitness Centre is for the exclusive use of Jamieson Place tenants. Once you complete a Fitness Centre Orientation Session and applicable forms, your building security badge will be programmed to provide you with ongoing access to the Fitness Centre which is located on the third floor.

Our 6000 ft² facility is equipped with state-of-the-art fitness equipment and a large studio space on the +15 level for a variety of classes and personal training. The Centre features Star Trac cardiovascular machines, Atlantis selectorized resistance and a variety of free weight, stability and functional equipment. Selected programming is also available including personal training and group training.

Orientation session

All users attend a brief and helpful orientation session prior to using the facility, as well as completing applicable forms that include a Fitness Centre consent form, registration form and a Physical Activity Readiness Questionnaire. All forms are available in the Fitness Centre, or online on the Jamieson Place website at www.jamiesonplace.com. Contact the Jamieson Place Fitness Centre at (email address and phone number unknown) to arrange for your one-on-one session to review basic procedures, and to receive an introduction and overview of the facility and equipment available.

Registration for classes

Registration is offered throughout the year. To view the most available classes, schedules and times for registration, please visit the Fitness page on the building website, or stop by the Fitness Centre and talk to the staff about upcoming classes. Registration is on a first come first serve basis for each session, and must be done in person at the Fitness Centre during staffed hours. Payment is required at the time of registration.



CONSISTENTLY
HIGH RATINGS IN
CUSTOMER SATISFACTION
AND SERVICE



Jamieson Place Fitness Centre

A fully equipped facility

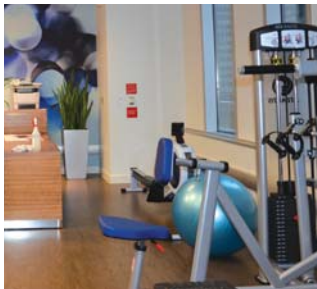
Available equipment

- Cardio: StarTrac (TV's/Ipod)
- Treadmills (6)
- Ellipticals (7)
- Recumbent Bikes (2)
- Upright Bikes (3)
- Steppers (2)
- Concept II Rowing Machine (no TV/Ipod)
- Strength: Atlantis
- Low Row
- Lat Pulldown (2)
- Chest Press
- Cable Crossover
- Cable Stations (3)
- Leg Extension
- Smith Machine
- Bench Press
- Curl bar, Olympic bar & weights
- Adjustable benches (3)
- Dumbbells 2.5 - 85lbs
- Leg Press
- Leg Curl
- Shoulder Press
- Multi Hip
- Other items include: fit balls, medicine balls, exercise tubing, mats, wobble boards , club steps and various functional stability tools.

Locker Rooms

The Fitness Centre locker rooms are set up to provide all the amenities needed for working out. These include: private showers with hair/body soap, Kleenex, towels, hair dryers, and curling/straightening irons, as well as magazines and daily newspapers.

Lockers are only available for Fitness Centre members when they are using the fitness centre or going for an exercise walk or run. They are not available for day use. If you want to secure your locker, you will need to supply your own lock.



FULLY EQUIPPED
CENTRE THAT MEETS
ALL OF YOUR WORKOUT
REQUIREMENTS



Jamieson Place Fitness Centre

Staffing and hours of operation

The Fitness Centre can be accessed day and night, although the locker rooms are closed for cleaning and/or maintenance: Monday to Friday from 8:00 pm to 10:00 pm and week-ends from 9:00 am to 10:00 am.

Staffmembers are available in the Fitness Centre:

Monday, Wednesday, and Friday: 7:00 am to 3:00 pm

Tuesday and Thursday: 9:30 am to 5:30 pm

Contact Information

Fitness Centre Coordinator

Ross Williams

JPFitness@healthsystemsgroup.com

Phone: 403-503-9106

www.jamiesonplace.com

Alternate Contact

Simona Berneanu, Tenant Relations Manager

simona.berneanu@quadreal.com

Phone: 403-202-7559



EXPERIENCED
CERTIFIED PERSONAL
TRAINERS ASSIST IN YOUR
INDIVIDUAL NEEDS

Jamieson Place Fitness Centre

Personal, customized training

Kick start your fitness experience with a personal trainer!

"75% of people who exercise are not getting the results that they want, but out of the 25% of people who are getting results, 90% of them are working with a personal trainer." *Idea Magazine*

Personal Training is a great option for individuals with specific targets and goals in mind. Your trainer will challenge you, motivate you and follow up with you to make sure you stay on the right track. A Senior Personal Trainer possesses a higher level of certification and more years of experience. A Personal Trainer, while still highly qualified, has less overall experience.

Personal Training Services

Our Personal Training Staff can assist you with any of your fitness needs:

- Health and functional fitness training
- Sport-specific prescription and training
- Personalized program design
- Fitness and health testing
- Goal setting and lifestyle counseling
- General nutrition information

Book a FREE 30 minute consultation to see if Personal Training is right for you. The consultation varies slightly depending on the client and trainer but generally involves goal setting, medical and exercise history, and some functional movement testing.

Personal Training Costs*

| <i>Program Design</i> | <i>Personal Trainer</i> | <i>Senior Personal Trainer</i> |
|-----------------------|-------------------------|--------------------------------|
| One-on-One | \$135 | \$150 |
| 3 sessions | \$216 | \$240 |
| 5 sessions | \$345 | \$385 |
| 10 sessions | \$645 | \$715 |
| <i>Pair</i> | | |
| 5 sessions | \$500 | \$555 |
| 10 sessions | \$950 | \$1050 |

Group Rates*

| <i>Express (30 min)</i> | <i>Personal Trainer</i> | <i>Senior Personal Trainer</i> |
|-------------------------|-------------------------|--------------------------------|
| 3 sessions | \$127 | \$141 |
| 5 sessions | \$202 | \$225 |
| 10 sessions | \$380 | \$420 |

For small group training rates, please inquire at the Fitness desk.

* Prices do not include GST

Jamieson Place Winter Garden

Personal training staff

Curtiss Matson

Education: B.Sc., Exercise and Health Physiology, University of Calgary.

Certification: CEP, CSCS, AFLCA resistance training

I come from a sporting background that includes playing hockey, basketball, squash, baseball and any other game I could find. Since I started in the fitness field, I have worked with many people of all levels (from beginners to elite athletes) and from a variety of backgrounds. I recently returned from a 6 month deployment embedded with the Canadian Forces in Afghanistan where I was reminded of the importance of the classic training styles. Since returning home, I have started taking a more hybrid approach to training incorporating both classic and more modern exercises and techniques, to return to a system of truly "functional" training.



Ross Williams

Education: B.A (UPEI); PFT Diploma (NAIT) Certification: CPT (CSEP)

While chasing a degree in Political Studies, I discovered the benefits of healthy living through exercise. This change in lifestyle eventually led me into the fitness industry, where I've been for the past seven years. I began my studies at Mount Royal College, and recently upgraded to a Personal Fitness Trainer diploma from NAIT. I believe that fitness is a vital part of the overall health of the individual – physically, psychologically and emotionally – and hope my example can help and inspire others.



**For more information about
The Fitness Centre and Personal Training,
contact Fitness Centre Coordinator Ross Williams
JPFitness@healthsystemsgroup.com
Phone: 403-503-9106
www.jamiesonplace.com**