

MEMBERSHIP RATES*

INDIVIDUAL PASSES

RATE TYPE	PRICE
1 MONTH	\$95
3 MONTHS	\$255
6 MONTHS	\$390
1 YEAR	\$539
1 YEAR PAID MONTHLY	\$55 A MONTH (\$660 PER YEAR)

FAMILY PASSES†

RATE TYPE	PRICE
1 MONTH	\$175
3 MONTHS	\$480
6 MONTHS	\$762
1 YEAR	\$1,287
1 YEAR PAID MONTHLY	\$125 A MONTH (\$1500 PER YEAR)

† FAMILY INCLUDES TWO ADULTS & THREE CHILDREN UNDER 16.

MEMBERSHIP INCLUDES:

- Ladies Only & Co-ed Gyms offering a variety of cardio and resistance machines
- Group Fitness Classes Including: Aqua-Fit, Yoga, Pilates, Boot Camp & Pilates Fusion and more!
- Heated Outdoor Pool & Hot Tub Open Year Round
- Two Hard Tennis Courts
- Towel Service Plus Personal Amenities

Taxes not Included in pricing.

DROP-IN RATES

LANGFORD RESIDENT DROP IN

RATE TYPE	PRICE
ADULT (16+)	\$15
YOUTH (13-15)	\$12
CHILDREN (6-12)	\$8
CHILDREN (2-5)	\$3
CHILDREN (2 & UNDER)	FREE
FAMILY (2 ADULTS & 3 KIDS)	\$35

NON LANGFORD RESIDENT DROP IN

RATE TYPE	PRICE
ADULT (16+)	\$20
YOUTH (13-15)	\$15
CHILDREN (6-12)	\$10
CHILDREN (2-5)	\$4
CHILDREN (2 & UNDER)	FREE
FAMILY (2 ADULTS & 3 KIDS)	\$40

HOURS

FACILITY HOURS

MONDAY-FRIDAY 6AM-10PM
SATURDAY-SUNDAY 7AM-10PM

ADULT ONLY SWIM MONDAY-FRIDAY 8:30-10PM

PUBLIC DROP IN POOL HOURS VARIES.
PLEASE VISIT: <https://bearmountain.ca/recreation/fitness/>



CITY OF LANGFORD
IN PARTNERSHIP WITH



THE WESTIN
BEAR MOUNTAIN
GOLF RESORT & SPA
VICTORIA

GROUP FITNESS SCHEDULE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM	BOOT CAMP		BOOT CAMP		BOOT CAMP		
8:30AM		YOGA	AGING BACKWARDS				GYROKINESIS
9:00AM		AQUA FIT	AQUA FIT BOOT CAMP	YOGA FOR SPINAL HEALTH AQUA FIT	PILATES FUSION BOOT CAMP	AQUA FIT	
9:15AM						PILATES FUSION	
9:30AM	BOOT CAMP						HATHA FLOW (90 MIN)
10:00AM	PILATES FUSION						
10:15AM						BOOT CAMP	
6:00PM		HATHA FLOW	GYROKINESIS	HATHA FLOW			
7:00PM	PILATES BOOT CAMP	BOLLY X LIT	BOOT CAMP	ZUMBA			

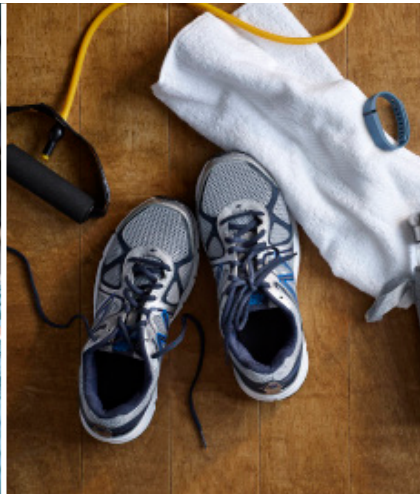
PERSONAL TRAINING RATES

INDIVIDUAL TRAINING PACKAGE

NUMBER OF SESSIONS	COST PER PACKAGE
1 X SESSION	\$55
3 X SESSION	\$160
6 X SESSION	\$315
12 X SESSION	\$600

TRAINING FOR TWO PACKAGE

NUMBER OF SESSIONS	COST PER PACKAGE
1 X SESSION	\$80
3 X SESSION	\$230
6 X SESSION	\$450
12 X SESSION	\$875



Classes are subject to change.

Taxes not included in pricing.