



concordia.ca/schoolofhealth

COMMUNITY HEALTH PROGRAMS

Spring 2024

CONCORDIA

PERFORM GYM

OPEN TO ALL

Participants of the PERFORM Gym benefit from the most advanced fitness equipment, access to the latest teaching methods and recent research findings. Programs are designed for individuals with and without mobility challenges. Members are encouraged to take part in research and training programs.

Register at the front desk Monday – Friday 6:30 AM – 10 PM, and Saturday and Sunday 8 AM – 6 PM. Prices are listed below.

	Day	2 wks	1 mo	4 mo	1 yr
Dual membership for Concordia Students				\$120	\$290
Concordia Students	\$5	\$30	\$43	\$92	\$260
Staff, Faculty, & Alumni	\$8	\$40	\$60	\$130	\$350
Seniors (60+)	\$6	\$20	\$30	\$100	\$250
Public	\$12	\$45	\$69	\$170	\$460

The dual membership allows access to both of Concordia's gyms; the PERFORM Gym (Loyola campus) and Le Gym (Sir George Williams campus).

Rates are subject to applicable taxes. Payments can be made by Interac, VISA, Mastercard or American Express. The PERFORM Gym will be open May 20 and July 1st from 8 am to 6 pm. The PERFORM Gym will be closed June 24th.

Membership Options

Gold Membership Program	\$50
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Available to one-year members only. Includes a towel card, a membership hold of up to 8 weeks, and a locker. There is a limited amount of lockers. Program available until quantities last.

Platinum Membership Program	\$150
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Available to one-year members only. Includes a towel card, a basic assessment and program with a student trainer, a membership hold of up to 4 months, and a locker. There is a limited number of lockers. Program available until quantities last.

Additional Services

Body Fat Analysis (SECA) (15 min) - Standing	\$32
Body Fat Analysis (IMPEDIMED) (20 min) - Lying	\$37
Maximal Testing (VO₂ MAX)	\$205
Maximal Testing (VO₂ MAX) and Program	\$300
Towel Card	Single use: \$1; 20-use card: \$10

NUTRITION SERVICES

WITH REGISTERED DIETITIAN

Receive personalized support and guidance from a registered dietitian and a team of Dietetic interns. We can help you achieve various nutritional goals, including achieving a healthy weight, building lean muscle mass, adopting a plant-based diet, managing blood sugar levels, and improving heart and digestive health, and more.

Our dietitian is available Thursdays from 12 PM to 5 PM and Fridays from 9 AM to 12 PM and 2 PM to 5 PM. To register, please visit the front desk. If you require additional appointment times, please contact the dietitian at perform.nutrition@concordia.ca. Prices are listed below.

Individual services	Students/Seniors	Public
Initial Nutrition Assessment (60 min)	\$98	\$102

Includes a careful review of dietary habits, health goals, challenges, lifestyle factors, medical history, dietary supplements, and medication use.

Clients receive a short summary of the initial appointment through email, which includes specific goals and habits established collaboratively with the dietitian.

Follow-up nutritional appts. (30 min)	\$49	\$51
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Clients discuss progress on specific goals and habits established collaboratively with the dietitian during the initial nutrition assessment.

Follow-up nutritional appts. (45 min)	\$81	\$85
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This option is suitable for clients who require additional time with the dietitian to discuss their progress on specific goals and established habits.

Food journal monitoring and feedback (Add-on item for 45 min. Nutrition follow-up appt.)	\$32	\$35
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Analysis of a 3-day food journal on Keenoa, an online food journal application, and a personalized Nutrient Intake Report including: total kcal, protein, carbohydrate, fat, saturated fat, trans fat, omega-3, cholesterol, fibre, alcohol, selected vitamins and minerals. Your nutrient intake will be compared to the Dietary Reference Intakes (DRIs) to determine if you are getting enough nutrients for your age, gender, activity level, and health condition (if applicable). The dietitian will review the results and discuss dietary recommendations for you.

Comprehensive Individual Nutrition Package (2.5 hrs over 1-2 months)	\$276	\$290
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Option 1: one 60-minute initial nutrition assessment + two 45-minute follow-up nutritional appointments + one food journal monitoring feedback (value of \$35 each)

Option 2: one 60-min initial nutrition assessment + three 30-minute follow-up nutritional appointments + one food journal monitoring feedback (value of \$35 each)

Group services: Nutrition presentations and cooking classes are available upon request. Prices vary. For more information, please contact us at perform.nutrition@concordia.ca

FOR YOUR CONVENIENCE, GROUP ACTIVITIES ON THE GYM FLOOR

FROM MAY 13 - AUGUST 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FOOTBALL 6:30 – 8:30 AM		FOOTBALL 6:30 – 8:30 AM	FOOTBALL 8:30 – 11 AM
W BASKETBALL 8:30 – 10 AM			W BASKETBALL 8:30 – 10 AM	
	FOOTBALL 10 – 12 PM		FOOTBALL 10 – 12 PM	
	40+ LIFTING 12 – 1 PM	HIIT 12:15 – 12:45 PM	40+ LIFTING 12 – 1 PM	
Football Break June 24-28.				
Football schedule in effect until May 13 - July 26. Football testing on Monday, July 29, 9 am – 12 pm				
POWER PULSE CIRCUIT 6:30 – 7:30 PM	FOOTBALL 6:30 – 8:30 PM		FOOTBALL 6:30 – 8:30 PM	

**PRIVATE TRAINING AND TRAINING PACKAGES BY KINESIOLOGISTS
VIRTUAL AND IN-PERSON SERVICES AVAILABLE (AS OF MAY 6)**

	Members		Non-Members	
	Kinesiology Intern/Student	Certified Kinesiologist	Kinesiology Intern/Student	Certified Kinesiologist
Basic Fitness Package (2 x 1 hr)	\$120	\$155-205	\$135	\$178-235
Comprehensive Fitness Package (2 x 1.5 hr)	\$180	\$210-285	\$205	\$242-328

Private Training (30 min)				
1 session	\$35	\$40-55	\$40	\$46-63
3 sessions	\$85-103	\$118-162	\$98-118	\$135-186
5 sessions	\$115-166	\$190-261	\$132-191	\$219-300
10 sessions	\$190-315	\$360-495	\$219-362	\$414-569

Private Training (1hr)				
1 session	\$60	\$70-95	\$69	\$81-109
3 sessions	\$135-176	\$206-279	\$155-203	\$237-322
5 sessions	\$165-285	\$332-451	\$190-328	\$382-519
10 sessions	\$240-540	\$630-855	\$276-621	\$725-983

Semi-private Training (1hr) for 2-4 people				
3 sessions	\$101-132	\$154-210	\$116-152	\$178-241
5 sessions	\$120-208	\$243-329	\$139-239	\$279-379
10 sessions	\$168-378	\$441-599	\$193-435	\$507-688

GROUP CLASSES

SPRING/SUMMER (6+ WEEKS)

Rates for the public, Concordia staff, faculty, members, and seniors (Staff/ Member/Senior), and students. Prices do not include taxes.

Class	Public	Staff/Mem ber/Senior	Student
Senior Bootcamp (Monday) –Tone your muscles, improve strength, and challenge your balance while performing functional movements (2 sessions of 6 weeks). Mon. 10-11 AM. Apr 15 – May 27, Jun 3 – July 22. No classes Monday, May 20, Jun 24, and July 1. Instructors: Bruce Kubick, B.Sc., Health, Kinesiology, and Applied Physiology.	\$48 /session	\$44 /session	\$42 /session
Senior Bootcamp (Wednesday) –Tone your muscles, improve strength, and challenge your balance while performing functional movements (2 sessions of 6 weeks). Wed. 10-11. April 17 – May 22; May 29 – July 3. Instructors: Bruce Kubick, B.Sc. Health, Kinesiology, and Applied Physiology.	\$48 /session	\$44 /session	\$42 /session
Pilates – Activate your core and tone your whole body. Tues. 12 - 1 PM. May 14 – July 2 (8 weeks). Instructor: Julie Robert, Dance, Pilates & Yoga Instructor.	\$80	\$73	\$70
Power Pulse Circuit – High intensity interval training to burn fat and build muscle. Mon. 6:30-7:30 PM. Apr 29 - Jun 17 (7 weeks). No class May 20. Instructor: Henry Tung, CSCS, FKQ-Kinesiologist.	\$48	\$44	\$42
40+ Lifting – Learn proper weightlifting technique for basic weightlifting movements. Tues./Thurs. 12 - 1 PM. Apr 2 – July 11 (15 weeks). Instructor: Bruce Kubick, B.Sc., Health, Kinesiology, and Applied Physiology.	\$255	\$225	\$215
HIIT (High Intensity Interval Training) - Bring on the intensity! Class provides activity in intervals with little rest time. Wed. 12:15 – 12:45 PM. May 15 – July 3 (8 weeks). Instructor: Bruce Kubick, B.Sc. Health, Kinesiology, and Applied Physiology.	\$78	\$70	\$67

Note: There is a 7-day refund policy for group classes. Try a class and if you change your mind, you can obtain a refund for the remaining classes.

GROUP TRAINING SPRING/SUMMER 2024

APRIL 2 – JULY 22, 2024

	DAYTIME						EVENING	
	MON	TUES	WED	THURS				
10:00 – 10:30 AM	SENIOR BOOTCAMP							
10:30 – 11:00 AM			SENIOR BOOTCAMP					
11:00 – 11:30 AM								
11:30 AM – 12:00 PM								
12:00 – 12:30 PM								
12:30 – 1:00 PM								
6:30 – 7:00 PM								
7:00 – 7:30 PM								