

ADDITIONAL SERVICES

Members save 10% on all
energy bars and drinks.

HOURS OF OPERATION

Monday to Thursday
6:00 am to 9:00 pm

Friday
6:00 am to 7:00 pm

Saturday & Sunday
8:00 am to 5:00 pm

Call ahead for hours
of operation during the summer
and holidays

Owners: Lori and Bill Craig

Better Life Fitness

*Your Family
Fitness Centre*

Call
362 BFIT

362-2348
email: blf@shaw.ca

www.betterlifefitness.net

2086 Washington Street
Rossland, BC V0G 1Y0

*The purpose of
life is making
it better!*

MEMBERSHIP FEES

Prices effective July 1, 2010

	HST Included
ANNUAL	
Adults	\$416.60
Students & Seniors (55 & up)	\$328.70
Family Pass	
Two adults and up to two children (13 and older)	\$1161.89
	(saving of \$328.70)
Couple's Pass (\$102.75 saving)	\$730.45
Senior Couple's Pass (\$78.87 saving)...	\$578.53
Buy a one-year membership and pay for it monthly with your Visa or MasterCard!	
No Administration Fee	
Adult (per month)	\$38.40
Students & Seniors (per month)	\$29.85
Couple (per month).....	\$64.00
Senior Couple (per month).....	\$54.00
Family (per month)	\$98.15
SIX-MONTH	
Adults	\$237.39
Students & Seniors.....	\$205.76
FOUR-MONTH	
Adults	\$171.62
Students	\$155.62
THREE-MONTH	
Adults	\$134.27
Students & Seniors.....	\$112.36
TWO-MONTH	
Adults	\$96.00
Students & Seniors.....	\$85.30
ONE-MONTH	
Adult	\$58.65
Students & Seniors.....	\$48.00

MEMBERSHIP FEES

PASSES

10-Visit Punch Pass.....	\$51.35
10-Visit Punch Pass (Student/Senior)...	\$48.00
Two-Week Intro Pass.....	\$30.95
Drop-In.....	
Student	\$6.50
Adult	\$7.50

TANNING

Drop-In	\$8.50
Member Price	\$7.50
50-Minute	\$37.00
Member Price	\$33.00
120-Minute	\$75.00
Member Price	\$67.00

PEEPERS

Eye Protectors.....	\$3.25
Tan Lotion Shots	\$2.25

Replenish and moisturize your skin...tanning lotions available!

Life Points Program

Complete 30 minutes Cardio on any cardio machine and earn points towards great rewards.

FITNESS CLASSES

Studio Classes

Yoga • Strength & Stretch • Pilates

Drop-in and punch cards available. Times will be posted by the instructor for class schedule.

www.betterlifefitness.net

Annual members save 10% on all classes.

Personal Training sessions, group and Private Training available.

- Cardio Machines
 - Free Weights
 - Circuit Training
 - Fitness Classes
 - Balls & Balance Boards
 - Stretching Area
 - Stand-Up Tanning
 - Points Program

All memberships include an orientation session...just ask!
