

MEMBERSHIP BENEFITS

Most full-year memberships now include over 30 group fitness, martial arts, dance, yoga, specialty fitness and indoor group cycling classes!

CUFit Pass

With so many options, it can be difficult to pick just one class. That's why we've come up with the CUFit Pass (drop-in group fitness and instructional classes), which allows you to be more flexible with your schedule and offers you more variety. Energize your body with one of our many group fitness classes to help you meet your personal fitness goals including: aerobic conditioning, muscle strength and endurance, and flexibility components. The CUFit Pass also includes 30 drop in, dance, aquatics, yoga, specialty fitness and indoor group cycling classes to cater to your schedule. Classes are multilevel to suit all ages and abilities.

**The CUFit Pass is included in most of our one year membership plans. Please see table below.

Membership Type (based on full-year)	Fitness Centre	Pool	Fieldhouse**	Cardio Room	Squash	Parking*	CUFit Pass***	Bi-Weekly Payment	Details
Adult	✓	✓	✓	✓	✓	✓	✓	\$19	
Alumnus	✓	✓	✓	✓	✓	✓	✓	\$15	
Family	✓	✓	✓	✓	✓	✓	✓	\$45	Includes 2 adults and 2 students aged 14-18. One parking pass per family membership.
Morning	✓	✓	✓	✓	✓	✓	✓	\$14	Access from 6:00 am to 11:30 am daily
Non-CU Student	✓	✓	✓	✓	✓	✓	✓	\$16	Must present valid student ID card
Senior Couple	✓	✓	✓	✓	✓	✓	✓	\$29	Must be 60+. Access from 6:00am-12:00pm and 1:00pm-4:00pm
Spouse/Child of Member	✓	✓	✓	✓	✓	✓	✓	\$16	Term to run concurrent with the primary membership. Applies to children age 14-18
Swim Only		✓				✓		\$16	
One Month Only [†]	✓	✓	✓	✓				\$67	Cost of monthly membership can be applied towards the purchase of a full year membership. Some conditions apply.
Winter Walking [†]			✓					\$26	Not available in December and April

*Parking is available in Lot 5 from 6am-9am and 4pm-11pm on weekdays and all day on weekends for patrons who purchase a one-year membership. Please fill out a parking application at the Welcome Centre and allow a minimum of 1 business day for turnaround. Family memberships are allotted only one parking pass. Special rates are available to patrons requiring additional parking. A \$2 flat rate parking fee applies on the weekends for those who do not have parking passes.
 ** Please visit www.carleton.ca/athletics/facilities/fieldhouse for Fieldhouse closures.
 †Bi-weekly prices do not apply, monthly prices only

CUFit Pass Schedule - Fall 2011/Winter 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00 am						Muscle Mix	Zumba
9:30-10:45 am	Women's Only Fitness	Step Fusion	Women's Only Fitness	Step Fusion	Women's Only Fitness		
10:00-11:30 am							Beginner Yoga
10:30-11:45 am						Step Fusion	
12:05-12:50 pm	Aqua Fit				Aqua Fit		
12:05-12:55 pm	Step	Fitness Ball Workout	Step	Fitness Ball Workout	Step		
12:05-12:55 pm	Muscle Mix	Bands & Buns	Muscle Mix	Bands & Buns	Muscle Mix		
4:45-5:30 pm	Cardio Fusion		Cardio Fusion		Cardio Fusion		
5:00-6:00 pm	Top Guns, Rock Bottom		Step Fusion 5:00-6:15 pm				
5:30-6:30 pm		Muscle Mix		Top Guns, Rock Bottom	Get In The Saddle		
5:30-7:00 pm	Beginner Yoga						
6:00-7:00 pm	Zumba		Spin & Body Intervals				
6:30-7:30 pm		Cardio Jam					
6:30-8:00 pm				Beginner Yoga			
7:00-8:00 pm	Dance Fusion	MMA FIT	AquaFit 7:30-8:15				