

VICTORIA PARK HEALTH CLUB



JOIN MONTREAL'S MOST INSPIRING HEALTH CLUB: VICTORIA PARK

Located in the heart of Westmount, Victoria Park is Montreal's leading urban retreat. Challenge yourself with our state-of-the-art equipment. Spend some time with our renowned personal trainers and see how their experience gives you an edge. Take advantage of our innovative yoga, spin and fitness classes in one of the "barns" or get your heart going on the bike with a spectacular view of the mountain. Unwind in a beautifully designed locker room with a thermal circuit (sauna, steam and cold room). Spend your time as you wish, the choice is yours...



Our Vision: to Simplify and Inspire the lives of our members

MEMBERSHIP

\$150* per month

Join Victoria Park Health Club's community of health-minded individuals, professional athletes, and serious amateurs. All our members receive a choice between two signature Welcome Packages to get them off to a great start. We look forward to making a difference in your life and we are confident you will make Victoria Park your oasis away from home.

**Discounted rates apply for families, young adults (18 to 25) and annual pre-payments. Optional add-ons include permanent locker rental and indoor parking.*

FITNESS STRATEGY SESSION

\$50

How do you stack up? Let our Park Experts show you. Set your starting point or check your progress. Use your detailed results to set goals and reach your target.

GROUP FITNESS CLASSES/DAY PASS

The Victoria Park class schedule offers a wide range of innovative, fun and inspiring classes led by some of the best teachers in the city.

GROUP FITNESS CLASS:

Individual class/Day pass
Yoga Pass
1-week pass
1-month pass

Members:

*All group
fitness classes
are included*

Non-Members:

\$25 | \$20 (in a 10-pack)
\$18 | \$14.50 (in a 10-pack)
\$75
\$200

PERSONAL TRAINING

You won't find any rep-counters here! All Victoria Park personal trainers are leaders in their field and will train you in new and creative ways to help you reach your goals!

PERSONAL TRAINING:

Training session (60 mins)
Semi-private training

Members:

\$75 | \$70 (in a 10-pack)
\$45 | \$40 (in a 10-pack)

Non-Member:

\$85 | \$80 (in a 10-pack)
\$55 | \$50 (in a 10-pack)

SMALL GROUP CIRCUITS

Want the benefits of personal training with less impact on your budget? Join our signature Group Circuits.

GROUP CIRCUIT TRAINING:

Xtreme Energie Circuit (30 min)
Xtreme Energie Circuit (60 min)
Boxing Conditioning Circuit

Members:

\$25 | \$20 (in a 10-pack)
\$35 | \$30 (in a 10-pack)
\$25 | \$20 (in a 10-pack)

Non-Members:

\$35 | \$30 (in a 10-pack)
\$45 | \$40 (in a 10-pack)
\$30 | \$25 (in a 10-pack)



PILATES ON THE REFORMER

Join our team of master trainers and bodywork experts. Experience the benefits of classic Pilates: longer and leaner muscles, a stronger core and improved posture.

PILATES ON THE REFORMER:

Group Reformer session
Duo+ Pilates
Private Pilates session
Therapeutic Pilates*

Members:

\$23 | \$20 (in a 10-pack)
\$40 | \$35 (in a 10-pack)
\$65 | \$60 (in a 10-pack)
\$75 | \$70 (in a 10-pack)

Non-Members:

\$26 | \$23 (in a 10-pack)
\$50 | \$45 (in a 10-pack)
\$75 | \$70 (in a 10-pack)
\$85 | \$80 (in a 10-pack)

Larger package options are also available.

Cancellations: Please cancel at least 24 hrs in advance or the full session will be charged. *Includes a ANPQ (Associations des Naturopathes Professionnels du Québec) receipt.



HEALTH PROGRAMMING FOR OPTIMAL RESULTS

At Victoria Park, we have designed our signature programs with real, sustainable and lasting results in mind.

Total Body Transformation (TBT) Program

The Victoria Park TBT program is based on the idea that effective, quick and lasting body change requires a multi-pronged approach. Our TBT program includes a nutritional assessment, a personalized private training regime and a body contouring treatment at the Victoria Park Medispa.

SPC - Sports Rehabilitation and Injury Recovery Training Clinic

Your personal trainer works hand in hand with a team of rehabilitation experts to make sure you are getting healthier, stronger and more flexible as you exercise.