

MEMBERSHIP PRICES

FAMILY

1 YEAR - \$400

INDIVIDUAL

1 YEAR - \$300

6 MONTHS - \$200

3 MONTHS - \$100

1 MONTHS - \$40

1 WEEK - \$20

SENIORS/STUDENTS

1 YEAR - \$225

6 MONTHS - \$150

3 MONTHS - \$75

1 MONTH - \$30

1 WEEK - \$15

GUESTFEE/DROP IN: \$7.00

(REQUIRED PAPERWORK
MUST BE FILLED OUT)

*STUDENTS UP TO 25 YEARS OF
AGE CURRENTLY ENROLLED FULL-
TIME WITH A VALID STUDENT CARD

**SENIORS - 65 YEAR OF AGE OR
OLDER

**ALL MEMBERSHIPS REQUIRE A \$20
REFUNDABLE DEPOSIT FOR AN
ACCESS KEY CARD.**

WE TAKE E-TRANSFER OR CASH AS
PAYMENT.

**TO PURCHASE A
MEMBERSHIP AND/OR
GET AN ORIENTATION OF
THE FACILITY WE ASK
ANY INTERESTED
INDIVIDUAL TO**

text/call (431) 772-5261

or email us at

eriksdalealc@gmail.com

you can also message us via

Facebook:

**[https://www.facebook.com/
eriksdale.centre](https://www.facebook.com/eriksdale.centre)**

ERIKSDALE ACTIVE LIVING CENTRE

#35 Railway Avenue
Unit B (Rear Entrance)
B.J. McKinnon Wellness Centre
Erikdale, Manitoba

ERIKSDALE ACTIVE LIVING COUNCIL INC AND THE ERIKSDALE ACTIVE LIVING CENTRE.

Eriksdale Active Living Council Inc board is a small volunteer board that was created to address a need for a fitness centre in our community as there was none within 50+ kms in the northwest interlake area.

The Eriksdale Active Living Centre is run voluntarily by the EALC Board and there are no on-site employees to purchase memberships from. The doors are not left open to the public at any time of the day and access to the Centre is by Individual Access Key Cards that are acquired once a membership is purchased.

THE FACILITY

With an active membership our centre is accessible 7 days a week from 5:00 am until 11:59 pm

1 bathroom & 1 wheelchair accessible bathroom/changeroom with shower.

Free parking in parking lot at side of building.

On-site orientation of centre and equipment.

Access to program information happening on-site.



EQUIPMENT:

TREADMILLS - ELIPTICALS - RECUMBENT BIKE - SPIN BIKE - ASSAULT BIKE - FUNCTIONAL TRAINER - ROWING MACHINE - FREE WEIGHTS - PRO POWER RACK - KETTLE BELLS - WEIGHT BENCHES - WEIGHT BARS/BALLS - EXERCISE BALLS - EXERCISE STEPS - BOSU BALL

ERIKSDALE ACTIVE LIVING COUNCIL INC . BOARD OF DIRECTORS

TROY KAARTINEN - COCHAIR
MICHAEL BAZINET - COCHAIR
NICOLE JEFFERS - SECRETARY
ELSIE ANN HOGUE - TREASURER
MAGGIE GREIG - MEMBER

MANITOBA HYDRO EMPLOYEES

We are recognized by the Manitoba Hydro Fitness Subsidy Program. Our Centre is recognized as an approved Fitness Facility and Manitoba Hydro will reimburse an employees membership.

CENTRE RULES/POLICIES

WE ASK THAT NO OUTDOOR SHOES BE USED IN OUR GYM OR ON OUR EQUIPMENT, TO HELP KEEP OUR GYM CLEAN AND OUR EQUIPMENT IN THE BEST CONDITION POSSIBLE.

PLEASE NO FOOD OR BEVERAGES IN OUR FACILITY WITH THE EXCEPTION OF WATER/HYDRATING DRINKS

NO CHILDREN UNDER THE AGE OF 5 YEARS ALLOWED IN THE FACILITY FOR THE SAFETY OF BOTH CHILD AND MEMBERS. CHILDREN MUST BE MONITORED AT ALL TIMES.

STUDENTS 15 & UNDER MUST BE ACCOMPANIED BY AN ADULT WITH AN ACTIVE MEMBERSHIP.

EARPHONES MUST BE USED WHEN PLAYING MUSIC.

ERIKSDALE ACTIVE LIVING CENTRE ACCEPTS NO RESPONSIBILITIES FOR ACCIDENTS OR INJURIES THAT MAY OCCUR AT THE CENTRE AND URGES ALL MEMBERS TO CONSULT A PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM.

THE PROPER USE OF THE EQUIPMENT IN THE FACILITY IS SOLELY THE RESPONSIBILITY OF THE MEMBER.

IF A MEMBER WOULD LIKE TO BRING A FRIEND TO THE GYM, ALL GUESTS MUST FILL IN THE REQUIREND PAPERWORK AND PAYA GUEST FEE.

FAILURE TO FOLLOW CENTRE RULES AND POLICIES MAY/WILL RESULT IN THE TERMINATION OF MEMBERSHIP.