



# SUMMER 2024 PROGRAM GUIDE

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## General information

### FACILITY SUMMER HOURS (July - Sept)

**Monday to Friday**                      6 a.m. – 9 p.m.  
**Saturday & Sunday**                      8 a.m. – 5 p.m.



Check out [smufit.ca](http://smufit.ca) for our holiday hours, closures, and any updates.

## Staff Directory

Homburg Centre for Health & Wellness	Front Desk	902-420-5555
Director of Athletics & Recreation	Scott Gray	902-420-5427
Assistant Director, Athletics & Recreation	Greg Knight	902-420-5425
Administrative Manager	Karen Habib	902-420-5429
Facility Scheduler	Linda Gould	902-420-5440
Fitness Coordinator	Lindsay McFarlane	902-420-5556
Lifemark Physiotherapy Clinic	General Information	902-420-5061

## Free Recreation Services

<b>Group Fitness Classes</b>	SMUfit offers over 20 group fitness classes per week that are free with your membership.	Go to <a href="http://athletics.smu.ca">athletics.smu.ca</a> to register for our group fitness classes.
<b>Drop-in Sports</b>	SMUfit offers drop-in sports throughout the day as well as open gym time that are free with your membership.	Check out <a href="http://smufit.ca">smufit.ca</a> or call 902-420-5555 for availability or ask the Front Desk for availability
<b>Squash Courts</b>	Available with any of our Plus Memberships.	Reserve your court online at <a href="http://athletics.smu.ca">athletics.smu.ca</a>

# SPECIAL

**\$99 Student  
Summer  
Membership (Ask  
the Front Desk for  
more info)**

*\* Prices do not include HST*

	SMUfit Basic		SMUfit Plus		
	4 month (\$240*)	1 year (\$600*)	1 month (\$85*)	4 month (\$288*)	1 year (\$720*)
Drop-in group fitness classes	✓			✓	
Access to all fitness rooms, including steam and sauna	✓			✓	
20% discount on registered programs + personal training	✓			✓	
Drop-in sports	✓			✓	
Outdoor track	✓			✓	
Change rooms with day use lockers & showers	✓			✓	
Day passes	<b>1</b>			<b>2</b>	
Towel service				✓	
Half locker rental				✓	
Parking pass				✓	
Squash courts				✓	

	Family Basic		Family Plus		
	4 month (\$480*)	1 year (\$1200*)	1 month (\$170*)	4 month (\$576*)	1 year (\$1440*)
Drop-in group fitness classes	✓			✓	
Access to all fitness rooms, including steam and sauna	✓			✓	
20% discount on registered programs + personal training	✓			✓	
Drop-in sports	✓			✓	
Outdoor track	✓			✓	
Change rooms with day use lockers & showers	✓			✓	
Day passes	<b>1</b>			<b>2</b>	
Towel service				✓	
Half locker rental				✓	
Parking pass				✓	
Squash courts				✓	

#### ADD-ON OPTIONS for Basic Membership Package

<b>Towel service</b> (\$3/day, \$25/month, \$200/year)	<b>Half locker rental</b> (\$25/month, \$75/4 months, \$175/year)	<b>Parking</b> (\$42.75/month)
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#### MULTI USE PASSES

<b>5 Punch Pass</b> - \$50 +HST	<b>10 Punch Pass</b> - \$89.25 +HST	<b>Day Pass</b> - \$11.55 +HST
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# Jr Huskies Summer Camps

Our mission at Saint Mary's University Jr. Huskies Camps and Academies is to teach campers how to play sports while having fun and meeting new friends. We provide instruction on the fundamentals of the sport along with a focus on individual skill and team concepts. We then provide, through games and contests, an opportunity for the campers to test their skills in a competitive environment.

We believe that success in all walks of life is attainable in some measure through dedication and hard work and try to instill this attitude in the campers. We also ensure that every participant has a great time while at Jr. Huskies Camps and Academies.

By grouping the campers according to age and ability, we aim to provide a balanced mix of instruction, competition and fun that is right for everyone.

## Steps to Register:

- Sign up for an account to use our new registration system.
  - Click on the following - [athletics.smu.ca](http://athletics.smu.ca)
  - Click 'Sign In' at top right of page.
  - Click 'Sign Up' button of pop-up box to create your account.
- If you have further questions, please email: [jrhuskies@smu.ca](mailto:jrhuskies@smu.ca) or call: 902-420-5555.

## In-Service Day Camp

Basketball: Co-ed In-Service Day Camp

Ages: 6 - 13-year-olds

Time: 9:00 a.m. - 4:00 p.m.

Date: Thursday, June 27, 2024

Cost: \$50.00 - Spaces still available!

**Registration is now open!** [CLICK HERE TO REGISTER!](#)



## Sports Camps

Basketball	Co-ed	Full Days	July 1-5	<b>Click for: Pricing, Availability and Registration</b>
Basketball	Girls	Full Days	July 8-12	<b>Click for: Pricing, Availability and Registration</b>
Basketball	Boys	Full Days	July 15-19	<b>Click for: Pricing, Availability and Registration</b>
Basketball	Boys	Full Days	July 22-26	<b>Click for: Pricing, Availability and Registration</b>



Basketball	Boys	Full Days	July 29-Aug 2	<a href="#">Click for: Pricing, Availability and Registration</a>
Basketball	Boys	Full Days	Aug 5-9	<a href="#">Click for: Pricing, Availability and Registration</a>
Basketball	Girls	Full Days	Aug 12-16	<a href="#">Click for: Pricing, Availability and Registration</a>
Football	Co-ed – contact	Full Days	July 2-5	<a href="#">Click for: Pricing, Availability and Registration</a>
Football	Co-ed – non-contact	Full Days	July 2-5	<a href="#">Click for: Pricing, Availability and Registration</a>
Soccer	Co-ed	Half Days	July 8-12	<a href="#">Click for: Pricing, Availability and Registration</a>
Soccer	Co-ed	Full Days	July 8-12	<a href="#">Click for: Pricing, Availability and Registration</a>
Soccer	Co-ed	Half Days	July 15-19	<a href="#">Click for: Pricing, Availability and Registration</a>
Soccer	Co-ed	Full Days	July 15-19	<a href="#">Click for: Pricing, Availability and Registration</a>
Soccer	Co-ed	Half Days	July 22-26	<a href="#">Click for: Pricing, Availability and Registration</a>
Soccer	Co-ed	Full Days	July 22-26	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed U7 Power Skating	Half Days	July 15-19	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed U9 Power Skating	Full Days	July 15-19	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed U11 Power Skating	Full Days	July 15-19	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed U13 Power Skating	Full Days	July 15-19	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed U7 Shooting and Scoring Player Camp	Full Days	July 22-26	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed U9 Shooting and Scoring Player Camp	Full Days	July 22-26	<a href="#">Click for: Pricing, Availability and Registration</a>

Hockey	Co-ed U11 Shooting and Scoring Player Camp	Full Days	July 22-26	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed U11 Shooting and Scoring Goalie Camp	Full Days	July 22-26	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed U13 Shooting and Scoring Player Camp	Full Days	July 22-26	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed U13 Shooting and Scoring Goalie Camp	Full Days	July 22-26	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed 11-13 Goalie Camp	Full Days	July 29-Aug 1	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed 14-15 Goalie Camp	Full Days	July 29-Aug 1	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed 16-18 Goalie Camp	Half Days	July 29-Aug 1	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed U7 Skating and Skills	Half Days	Aug 5-9	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed U9 Skating and Skills	Full Days	Aug 5-9	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed U11 Skating and Skills	Full Days	Aug 5-9	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed U13 Skating and Skills	Full Days	Aug 5-9	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed U11 Advanced Defense	Full Days	Aug 12-16	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed U11 Advanced Offense	Full Days	Aug 12-16	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed U13 Advanced Defense	Full Days	Aug 12-16	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Co-ed U13 Advanced Offense	Full Days	Aug 12-16	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Girls U7-U9 Players Camp	Full Days	Aug 19-23	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Girls U7-U9 Goalies Camp	Full Days	Aug 19-23	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Girls U11 Players Camp	Full Days	Aug 19-23	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Girls U11 Goalies Camp	Full Days	Aug 19-23	<a href="#">Click for: Pricing, Availability and Registration</a>

Hockey	Girls U13 Players Camp	Full Days	Aug 19-23	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Girls U13 Goalies Camp	Full Days	Aug 19-23	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Boys U11 Prospects Players Competitive Training Camp	Full Days	Aug 26-29	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Boys U11 Prospects Goalies Competitive Training Camp	Full Days	Aug 26-29	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Boys U13 Prospects Players Competitive Training Camp	Full Days	Aug 26-29	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Boys U13 Prospects Goalies Competitive Training Camp	Full Days	Aug 26-29	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Boys U15 Prospects Players Competitive Training Camp	Full Days	Aug 26-29	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Boys U15 Prospects Goalies Competitive Training Camp	Full Days	Aug 26-29	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Girls U15 Prospects Players Competitive Training Camp	Full Days	Aug 26-29	<a href="#">Click for: Pricing, Availability and Registration</a>
Hockey	Girls U15 Prospects Goalies Competitive Training Camp	Full Days	Aug 26-29	<a href="#">Click for: Pricing, Availability and Registration</a>
Volleyball	Girls Camp	Full Days	Aug 26-30	<a href="#">Click for: Pricing, Availability and Registration</a>



# SMUFit's Pilates Studio

SMUfit's Pilates Studio is fully equipped with top-of-the-line Stott Pilates equipment and props that help instructors to focus on postural alignment and engaging sequential exercises.

Get started with our Starter Package or chose one of many package options to experience the benefits that Pilates can bring to your life. Package and Drop In options allow clients to attend any class on the schedule (within the ability level of the client).

Purchase either in person at the Homburg Centre Front Desk OR over the phone (902-420-5555) with Visa, Mastercard or American Express.

To see our full schedule of class offerings and book a maximum of 7 days in advance go to: [athletics.smu.ca](https://athletics.smu.ca)

*\* Prices do not include HST*

## Starter Package

This package is designed especially for those new to SMUfit Pilates. Included are two private lessons, and three group equipment classes. This allows you to become acquainted with both the equipment and the way in which we want you to move. It also allows you to experience the variety of class options available at SMUfit.

**Member = \$167 | Non-Member = \$209**

### Individual/Duet Lessons

Sessions	Member	Non-Member	Description
Individual	\$72	\$90	Personalized one on one private lesson with access to the complete studio.
6 Private Sessions	\$408	\$513	6 one on one private lessons with access to the complete studio.
12 Private Sessions	\$780	\$972	12 one on one private lessons with access to the complete studio.
Duet	\$87	\$109	Two on one private lesson with access to the complete studio.

### Group Class Pricing

Classes	Member	Non-Member (Per Person)	Description
Drop In	\$25	\$25	Drop in to try out one of our many class options
Package of 6	\$108	\$135	Packages are flexible and any class on the schedule can be attended, (within the ability level of the client)
Package of 12	\$194	\$237	Make a bigger commitment and save per class!

# Group Mat Pilates Classes

## Mat Pilates - Beginner

This is a Contemporary Pilates Mat class for Beginners and people who want to emphasize proper postural alignment, core stabilization, muscle balance and control at an easier pace.

Thursdays	9:30-10:30 a.m.	Studio A	<b>Instructor:</b> Ocean
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## Mat Pilates – Intermediate/Advanced

Join us on the mat for this Intermediate/Advanced level contemporary Pilates mat class. The instructor uses small props to increase the challenge and connection to each exercise. These classes emphasize proper postural alignment, core stabilization, muscle balance and control. Be ready to burn your core!

Beginners and people who are new to our studio must have approval from the instructor before joining an Intermediate/Advanced class.

Mondays	9:15-10:15 a.m.	Studio A	<b>Instructor:</b> Annie
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## Mat Pilates – All Levels

This is a Classical Pilates mat series with exercises designed by Joseph Pilates himself. This series includes everything you need in a workout and will improve your core strength as well as all over strength, balance, and control. Mat Pilates is a great way to improve your posture and balance as well as strengthen and improve your spine, eliminating back pain. Suitable for beginners, long-time practitioners, and anything in between.

Tuesdays	5:15-6:15 p.m.	Studio A	<b>Instructor:</b> Annie
Thursdays	8:30-9:30 a.m.	Studio A	<b>Instructor:</b> Ocean
Sundays	11:00-12 p.m.	Studio A	<b>Instructor:</b> Annie

## Pilates Strength – All Levels

This Pilates Workout is a full body workout adhering to the Pilates Principles of alignment. This class will incorporate heavier weights to build muscle while paying specific attention to form. While the traditional Pilates classes are designed to build long lean muscles, this class is designed to build power and strength.

Tuesdays	8:30-9:30 a.m.	Studio A	<b>Instructor:</b> Ocean
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## Pilates 4 Seniors

This Senior Mat Pilates class focuses on precision movements, strength, balance, and control allowing participants to move a little slower to focus on finding form. This class is suitable for adults and seniors (55+).

Mondays	10:30-11:30 a.m.	Studio A	<b>Instructor:</b> Annie
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# Group Reformer Pilates Classes

## Reformer Pilates - Beginner

This is a contemporary Reformer Pilates class involving a creative reformer series expanding on the repertoire of Joseph Pilates principles of movement. Whether you are new to the Pilates Reformer, just starting group classes, or intermediate needing a review of some basics, this is the class for you. Move slowly and ask questions in this beautifully designed level 1 class.

Tuesdays	9:30-10:30 a.m.	Studio B	<b>Instructor:</b> Ocean
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## Reformer Pilates – All Levels

This is a contemporary Reformer Pilates class involving a creative reformer series expanding on the repertoire of Joseph Pilates principles of movement. Whether you are new to the Pilates Reformer, just starting group classes, or intermediate, this class is adapted to who ever is in the room. Suitable for all levels.

Thursdays	10:40-11:40 a.m.	Studio B	<b>Instructor:</b> Ocean
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## Reformer Pilates – Intermediate/Advanced

This is a contemporary Pilates Reformer class involving creative reformer series' while following Joseph Pilates principles of movement. Every class will be a bit different. These classes build strength, stamina, coordination, and postural alignment.

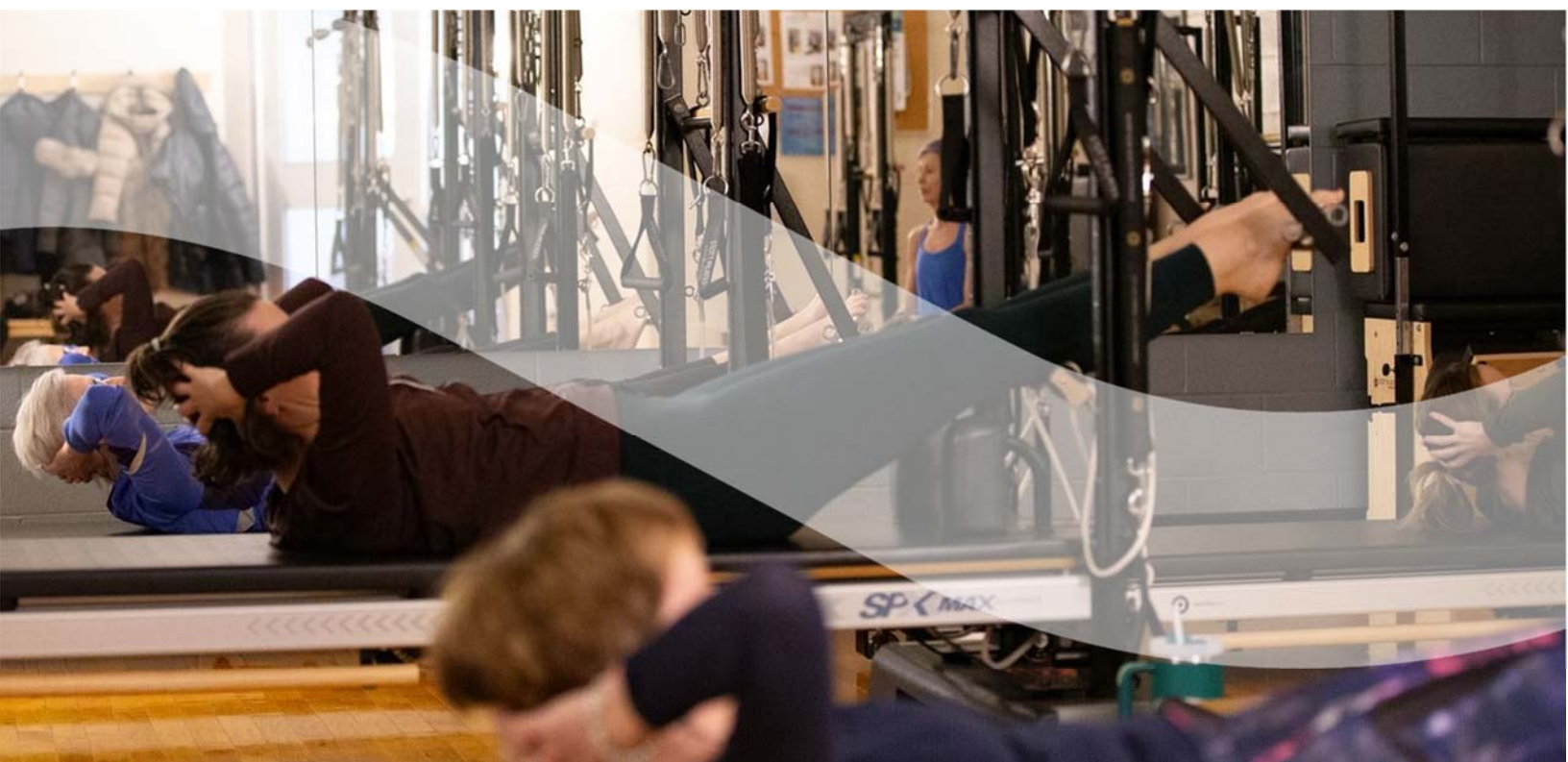
Beginners and people who are new to our studio must have approval from the instructor before joining an Intermediate/Advanced class.

Fridays	9-10 a.m.	Studio B	<b>Instructor:</b> Ocean
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## Pilates Equipment Circuit – All Levels

This circuit-style class allows you to move through the different pieces of Pilates equipment including: the Wunda Chair, Cadillac, Reformer, and box. The instructor will breakdown the exercises on each piece encouraging you to think about the relationship between your feet, pelvis, and spine.

Fridays	10-10:40 a.m.	Studio B	<b>Instructor:</b> Ocean
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## Registered Programs

Register either in person at the Homburg Centre Front Desk OR over the phone (902-420-5555) with Visa, Mastercard or American Express.

Note: Below prices do not include taxes | A refund will be issued to you if the program is cancelled due to low registration | No other refunds are permitted

### Intermediate Pickleball

**Member/ Student = \$ 67 | Non-Member = \$80**

This Intermediate Pickleball Program is for players who know the basic shots, elementary tactics and rules of the game but want to learn more about this great sport and play at a higher level. Focusing mainly on doubles, Pickleball participants will be introduced to more advanced concepts through drills and "in-game" situations.

Registration opens June 3rd and will remain open until Aug 4th. These programs will run for 3 weeks.

Saturday's	Aug 3 - 17	10 a.m.-12 p.m.	Court B - Main Gymnasium	<b>Instructors:</b> Paul & Michael
Sunday's	Aug 4 - 18	10 a.m.-12 p.m.	Court B - Main Gymnasium	<b>Instructors:</b> Paul & Michael





## Private Pickleball Sessions

For anyone looking to improve their pickleball game quickly through one-on-one instruction. Join our qualified pickleball coach for customized lessons designed to suit your needs and your schedule. These sessions can be private or offered to pairs or a group of 3-4 players.

Private 1hr Lessons			
Sessions	Member	Non-Member	Description
Private (1-4 people)	\$35	\$42	Personalized One on One private lesson with a qualified Pickleball Instructor.

## Pickleball Workshops

### Pickleball 101

Pickleball is a fun and fast-growing sport that combines elements of tennis, badminton, and ping pong. Whether you're new to the game or looking to improve your skills, this workshop will introduce you to the fundamentals of pickleball and provide you with the knowledge and techniques to enjoy the game to the fullest. By the end of this "Pickleball 101" workshop, you'll have a solid understanding of the game, be equipped with essential skills, and be ready to have a blast on the pickleball court! Let's play some pickleball!

**Member/ Student = \$33 | Non-Member = \$40**

Saturday	July 6th	10 a.m.-12 p.m.	Gym, Court B	<b>Instructors:</b> Paul Kelly and Michael Lanuevo
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## Heart 4 Life

### Included in Heart 4 Life Membership

This program is 1.5hrs twice a week for anyone who has undergone a heart episode and wants to join a community of like-minded individuals. During each class professionals will take and track your heart rate and blood pressure. Personal Trainers will take you through a strength training circuit and the group will chose to do some cardio of choice.

Mondays & Wednesdays [All Year]	6-7:30 p.m.	Community Room & Fitness Centre	<b>Instructors:</b> Zena & Mikaela
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## Group Fitness Classes

All Group Fitness Classes are FREE with Membership or the purchase of a Day pass. Please show up a minimum of 5min prior to the class start time to get checked in with the instructor. Class registration opens 72hrs prior to the class start time. To book for a class and reserve your spot, go to [athletics.smu.ca](http://athletics.smu.ca).

### Mind & Body

#### Yoga

Good for those who want flexibility and relaxation. Elongate, strengthen, and stretch your way to better health with this breath focused flow.

Mondays	12:15-1 p.m.	Studio A	<b>Instructor:</b> Sonja
Mondays	5-6 p.m.	Studio A	<b>Instructor:</b> Ash
Tuesdays	12:15-1 p.m.	Studio A	<b>Instructor:</b> Ash
Tuesdays	6:30-7:30 p.m.	Studio A	<b>Instructor:</b> Annie
Saturdays	11 a.m.-12 p.m.	Studio A	<b>Instructor:</b> Anna



## Cardio

### Spin

Get on your bikes and ride! This class uses Keiser spin bikes to give you the best low impact cardio workout around. Burn calories and have a blast doing it throughout this interval style spin workout. Enjoy hills and valley's all from the comfort of our studio. If you are new to spin, please arrive early to be sized for your bike. Spin classes do not require bike reservation. Arrive early to secure your bike.

Tuesdays	6:15-7 a.m.	Studio C	<b>Instructor:</b> Anne
Wednesdays	6:15-7 a.m.	Studio C	<b>Instructor:</b> Donna



## Strength & Conditioning

### Body Sculpt

Abs, Legs and more with a new attitude - this class uses tubing, weights, bars, balls, balance boards, and more. Body Sculpt allows you to move to the music for a full body high repetition workout designed to tone your muscles and improve endurance. Join this high energy workout and leave with a smile on your face.

Tuesdays	9:30-10:15 a.m.	Studio C	<b>Instructor:</b> Zena
Wednesdays	6:30-7:15 p.m.	Studio C	<b>Instructor:</b> Zena
Fridays	9:30-10:15 a.m.	Studio C	<b>Instructor:</b> Zena

### Gentle Fitness

This class is a mix of endurance, mobility, and stability without the stress on your joints. This total body, low-impact workout combines cardio, resistance, and balance exercises. Suitable for beginners, seniors and anyone requiring a modified program.

Mondays	9:30-10:15 a.m.	Studio C	<b>Instructor:</b> Zena
Wednesdays	9:30-10:15 a.m.	Studio C	<b>Instructor:</b> Zena

### Heart & Muscle

This choreographed heart pumping class is a combination of low impact cardio and resistance training. You will leave feeling worked from head to toe while also getting your cardio in! Have fun working out to the beat in this fun and energetic class.

Sundays	9:30-10:30 a.m.	Studio C	<b>Instructor:</b> Zena
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### Core Strength

This class focuses on core conditioning, stabilization, and strength through a variety of exercises. Be prepared to work on proper movement, challenge your core and feel the burn through core targeting compound movements and mat exercises.

Thursdays	12:15-1 p.m.	Studio C	<b>Instructor:</b> Lindsay
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### Synergy Circuit

Join us for a challenging, fun, and inviting new workout on our "adult playground", the Synergy 360! This circuit training workout combines both strength and conditioning stations using a variety of equipment both on and around the Synergy to develop muscular strength and endurance, with an emphasis on functional movement and proper execution. Burn calories while toning arms, legs, abs and glutes with this team training style workout!

Wednesdays	12:15-1 p.m.	Cardio Room	<b>Instructor:</b> Rick
Fridays	12-12:45 p.m.	Cardio Room	<b>Instructor:</b> Rick

### Strong 45

Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. Each class burns calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

Thursday	6:15-7 a.m.	Studio C	<b>Instructor:</b> Bobi
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## Total Body HIIT

An action-packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle. Push yourself past your limits with this high intensity full body workout!

Mondays	6:15-7 a.m.	Studio C	<b>Instructor:</b> Bobi
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\*Classes are subject to change and will always be up to date on our reservation site: [athletics.smu.ca](http://athletics.smu.ca)





# Personal Training

Purchase your sessions in person at the Front Desk or over the phone at 902-420-5555.

Are you ready to get on track with your fitness goals and overall health? Look no further than SMUfit Personal Training. Consultation and Assessment is included in all Personal Training Packages.

For more information or to schedule a free consultation, email our Fitness Coordinator, **Lindsay McFarlane**, [lindsay.mcfarlane@smu.ca](mailto:lindsay.mcfarlane@smu.ca)

*\*Taxes not included*

INDIVIDUAL PERSONAL TRAINING			
Package	Member (Per Person)	Non-Member (Per Person)	Description
<b>4 Sessions</b>	\$60 per session/ \$240 total	\$72 per session/ \$288 total	4, 1hr private sessions, with personalized programming, consultation, and assessment
<b>8 Sessions</b>	\$55 per session/ \$440 total	\$66 per session/ \$528 total	8, 1hr private sessions, with personalized programming, consultation, and ongoing assessment
<b>12 Sessions</b>	\$50 per session/ \$600 total	\$60 per session/ \$720 total	12, 1hr private sessions, with personalized programming, consultation, and ongoing assessment
<b>24 Sessions</b>	\$48 per session/ \$1,152 total	\$57.6 per session/ \$1,382 total	24, 1hr private sessions, with personalized programming, consultation, and ongoing assessment

BUDDY PERSONAL TRAINING (2 people) All the benefits of personal training, with a buddy! (Pricing is per person)			
Package	Member (Per Person)	Non-Member (Per Person)	Description
<b>4 Sessions</b>	\$38 per session/ \$153 total	\$46 per session/ \$183 total	4, 1hr semi-private sessions, with personalized programming, consultation, and assessment
<b>8 Sessions</b>	\$33 per session/ \$264 total	\$40 per session/ \$317 total	8, 1hr semi-private sessions, with personalized programming, consultation, and ongoing assessment
<b>12 Sessions</b>	\$30 per session/ \$360 total	\$36 per session/ \$432 total	12, 1hr semi-private sessions, with personalized programming, consultation, and ongoing assessment
<b>24 Sessions</b>	\$28 per session/ \$672 total	\$34 per session/ \$816 total	24, 1hr semi-private sessions, with personalized programming, consultation, and ongoing assessment



## Squash Information

There are a very active group of squash players at all levels. New and experienced players can meet other players through the many activities organized at the courts.

For more information about league play please email: [squash@smu.ca](mailto:squash@smu.ca).

### Squash Court Bookings

Call 902-420-5555. Members with a *SMUfit* Plus membership may book courts up to a week in advance through [athletics.smu.ca](http://athletics.smu.ca). Day Pass & Multi Pass Users can book courts the day of play. Multi Use Pass users cannot use squash courts during prime time, which is Mon-Fri from 4pm to close, unless playing in a league program.

### Squash Nova Scotia:

If you want the most recent news on squash in Nova Scotia, a complete list of the upcoming seasons' tournaments in Atlantic Canada, results and information about all the city leagues, info about other squash clubs in the province and the most up to date list of provincial rankings, please visit [squashns.ca](http://squashns.ca).





# Drop-In Sports

SPORT	DAYS	TIME	LOCATION
Basketball	Tues & Thurs	6 p.m.-7:30 p.m.	Gymnasium, Court A
Badminton	Mon & Wed	6 p.m.-7:30 p.m.	Gymnasium, Court B
Pickleball	Fri	5:30 p.m.-7:30 p.m.	Gymnasium, Court B

**NOTE:** Table Tennis is now available anytime we are open in the upstairs lobby area. Check out your ball and paddles at the Programs and Services desk.

We recommend checking the [athletics.smu.ca](http://athletics.smu.ca) calendar or checking with the front desk before coming for any drop-in sports as times and locations are subject to change.

For more information, email our Fitness Coordinator at [Lindsay.mcfarlane@smu.ca](mailto:Lindsay.mcfarlane@smu.ca)

