



# General information

## FACILITY FALL HOURS (Sept - Dec)

|                   |                     |
|-------------------|---------------------|
| Monday to Friday  | 6 a.m. – 10:30 p.m. |
| Saturday & Sunday | 8 a.m. – 8 p.m.     |

Check out [smufit.ca](https://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 |
| Life Mark Physiotherapy Clinic             | General Information | 902-420-5061 |

# Free Recreation Services

Group  
Fitness Classes



*\* Prices do not include HST*

|                                                        | SMUfit Basic        |                    | SMUfit Plus      |                     |                    |
|--------------------------------------------------------|---------------------|--------------------|------------------|---------------------|--------------------|
|                                                        | 4 month<br>(\$240*) | 1 year<br>(\$600*) | 1 mo.<br>(\$85*) | 4 month<br>(\$288*) | 1 year<br>(\$720*) |
| Drop-in group fitness classes                          |                     |                    |                  |                     |                    |
| Access to all fitness rooms, including steam and sauna |                     |                    |                  |                     |                    |
| 20% discount on registered programs +                  |                     |                    |                  |                     |                    |

|                                                         | Family Basic        |                     | Family Plus         |                     |                     |
|---------------------------------------------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
|                                                         | 4 month<br>(\$480*) | 1 year<br>(\$1200*) | 1 month<br>(\$170*) | 4 month<br>(\$576*) | 1 year<br>(\$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 pass(s)                                             | 1                   |                     | 2                   |                     |                     |
| Towel service                                           |                     |                     |                     |                     |                     |

| ADD-ON OPTIONS for Basic Membership Package              |                                                                     |                              |
|----------------------------------------------------------|---------------------------------------------------------------------|------------------------------|
| Towel service<br>(\$3 / day, \$25 / month, \$200 / year) | Half locker rental<br>(\$25 / month, \$75 / 4 months, \$175 / year) | Parking<br>(\$42.75 / month) |
| MULTI USE PASSES                                         |                                                                     |                              |
| 5 Punch Pass - \$50 +HST                                 | 10 Punch Pass - \$89.25 +HST                                        | Day Pass - \$11.55 +HST      |

# SMUFit's Pilates Studio

SMUfit's Pilates Studio is fully equip 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 both Classical and Contemporary 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).

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

Individual / Duet Lessons must be purchased in person at the Homburg Centre Front Desk OR over the phone (902-420-5555) with Visa, Mastercard or American Express to set you up with an instructor.

## 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 (Per Person) | Description                                                   |
| Individual                | \$72   | \$90                    | One on One private lesson 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!                                                                  |

*\* Prices do not include HST*



# 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 | Instructor: Ocean |
|-----------|-----------------|----------|-------------------|

## 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 | Instructor: Jackie |
|---------|-----------------|----------|--------------------|

## 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 | Instructor: Annie |
| Sundays  | 11:00-12:00 p.m. | Studio A | Instructor: Annie |

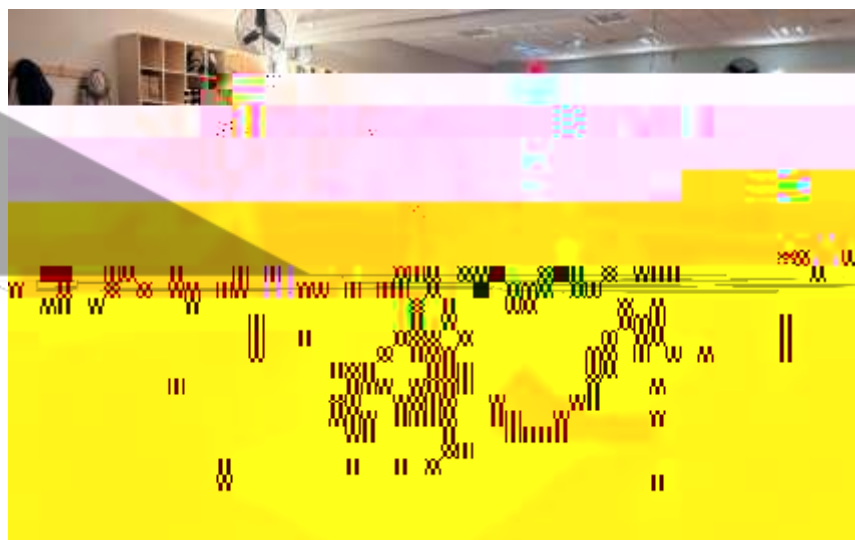
## Pilates Strength – All Levels

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 | Instructor: Ocean |
|----------|----------------|----------|-------------------|

## 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+).





## Registered Programs

Register either in person at the Homburg Centre Front Desk OR over the phone (902-420-5555) or online at: [athletics.smu.ca / programs](https://athletics.smu.ca/programs).

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

### Pickleball Foundations

{Sept 8 – Oct 20}









Karate

{Sept 10 -

## 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.

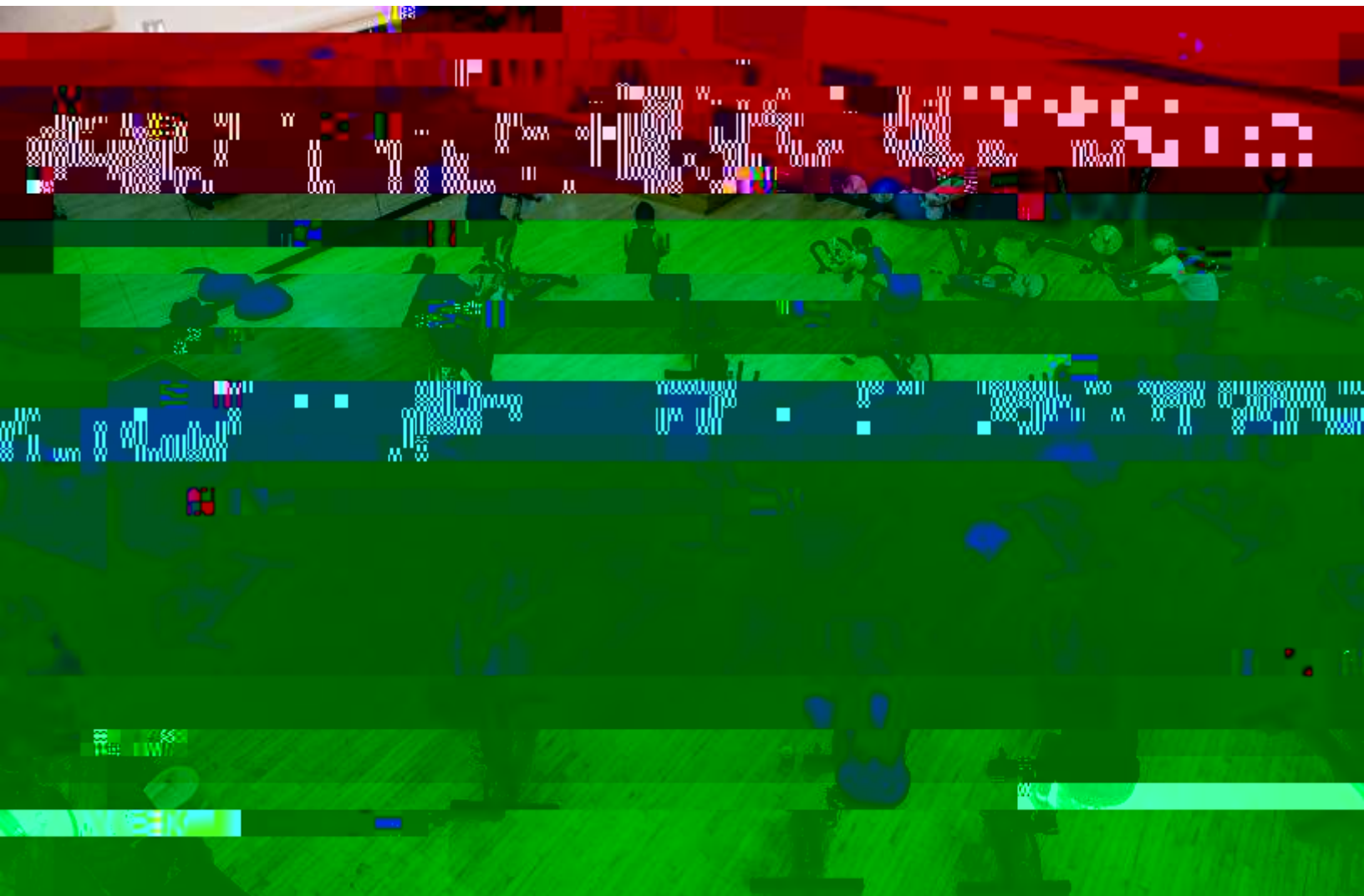
## Cardio

### 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.

Mondays

5:15-6



## 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   | 9:30-10:30 a.m. | Studio C | Instructor: Zena |
| Wednesdays | 6:30-7:30 p.m.  | Studio C | Instructor: Zena |
| Thursdays  | 4:30-5:30 p.m.  | Studio C | Instructor: Zena |
| Fridays    | 9:30-10:30 a.m. | Studio C | Instructor: 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



# Personal Training Services

Are you ready to get on track with your fitness goals and overall health? Look no further than SMU





# Pickleball Information

## 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 are for 1-4 people.

| Private 1hr Lessons |        |
|---------------------|--------|
| Sessions            | Member |



# 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.

## Squash Court Bookings

Call 902-420-5555. Members with a SMU*fit* Plus membership may book courts up to a week in advance through [athletics.smu.ca](https://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 clubs and leagues

SMUfit

## Drop-In Sports

| SPORT                   | DAYS                 | TIME    | LOCATION          |
|-------------------------|----------------------|---------|-------------------|
| Basketball              | Mondays & Wednesdays | 12-1pm  | Main Gym, Court A |
| Badminton               | Mondays & Wednesdays | 12-1pm  | Main Gym, Court B |
| Pickleball              | Thursdays            | 10-12pm | Main Gym, Court B |
| Competition Kata Karate | Tuesdays             | 8-9pm   | Community Room    |

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](https://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)

