

The City has fitness centres at its three main recreation centres. Each fitness centre offers a variety of equipment and friendly, qualified staff are happy to help answer your questions and get you started.

Allandale Recreation Centre
190 Bayview Drive
705-728-5141

East Bayfield Community Centre
80 Livingstone Street East
705-739-4225

Peggy Hill Team Community Centre
171 Mapleton Avenue
705-792-7925

Current hours can be found at barrie.ca/facilities.

The Barrie recPASS includes UNLIMITED access to all three fitness centres and fitness drop-in programs! Visit barrie.ca/recPASS for details.

General Fitness Centre Rules

- Day lockers are provided. Bring your own lock and secure your personal belongings.
- No coats, boots, gym bags or purses in the fitness area.
- Proper fitness attire must be worn including athletic shoes (no sandals or other footwear), clean athletic clothing.
- Practise good hygiene and avoid wearing heavy scents.
- Water only in a closed container. No food or glass containers.
- Please wipe down the equipment after each use. Disinfectant wipes are provided.

Equipment Instruction

Instruction in the use of any City-owned fitness equipment **must be provided by City fitness staff only**. If you are unfamiliar with the use of the equipment, please ask staff for assistance before using it. Improper use can result in injury. Use the safety features on the equipment. Complimentary Smart Start Orientations are available to teach you how to use the equipment. Please register at the Customer Service Desk.

Technology Etiquette (Cell Phones & Other)

Fitness centres and change rooms are shared areas. As a general courtesy and respect for other's privacy, the use of electronic devices for the purpose of conversations, messaging and picture taking is not permitted. We appreciate your cooperation in helping to create an enjoyable environment for all and politely ask that you leave the area to address personal matters.

Facilities, Equipment and Programs

In order to maintain our equipment and facilities the City of Barrie reserves the right to close program and service areas for repair and refurbishment. Where possible, advance notice will be given. All equipment is available on a first-come, first-served basis. Classes and instructors are subject to change without notice. We are unable to provide refunds in these cases.

Personal Training

City of Barrie personal trainers are certified and can help you reach your personal goals quickly and effectively. Learn correct exercise form and proper techniques to get the results you want. There are no long term contracts and sessions are purchased by the hour. The options available are:

- **1:1 Private Training**
- **2:1 Partner Training**
Two people share the expertise of a trainer during their workout. Working out with a friend, co-worker or loved one is a great way to have fun and increase motivation.
- **Small Group Training (3–5 people)**
A group of 3–5 people with similar goals can motivate you to achieve your personal best. There are no makeup sessions.
- **Team Training (Max. 20 people)**
Sport specific, age and stage appropriate training is provided by experienced trainers. There are no makeup sessions.

Please inquire at the Customer Service Desk if you are seeking personal training.