

Name Description of Service	Contact Information
<i>Alberni Fitness Network:</i> <ul style="list-style-type: none"> • Open 24 hours • Personal training, heated yoga, speciality classes available • Discount prices can be available if bring Birch Letter. 	250-723-2133 info@albernifitness.com
<i>Alberni Valley CrossFit :</i> <ul style="list-style-type: none"> • Mon-Saturday hours : check On-line for options • Personal training, drop in • Cross fit classes available 	778-716-3926
<i>Anytime Fitness:</i> <ul style="list-style-type: none"> • Open 24/7 • Access to all gym equipment, yoga, Zumba, spin classes, one personal fitness consultant session. • Utilize a Anytime Fitness in any location • One free gym day to trial during regular staff hours • Variety of membership plans available. 	778-421-3770
<i>Activate Athletic Studio:</i> <ul style="list-style-type: none"> • Pre-postnatal certified trainer (Girls Gone Strong) Topics include behavior based goal setting, nutrition, postpartum rest and recovery ,rehab and retraining.Postpartum exercise considerations and program design	250-735-0200 (Lisa) Also available on messenger Cost is discussed case by case basis
<i>CrossFit Gym:</i> <ul style="list-style-type: none"> • Crossfit classes for adults and kids • Personal training available • Drop in and classes available 	1-778-716-3926
<i>Sondra's On-Line Strength Training:</i> <ul style="list-style-type: none"> • Live 1 hour o- line Zoom classes 4 times weekly. These are recorded if cannot attend the live class. • Variety of functional movements ,weight training to support fitness and health goals. • \$40-45 per month and have access to the complete month of recordings 	Messenger: Sondra Deveau Austin Email: ksaustin@terlus.net
<i>Echo Center:</i> <ul style="list-style-type: none"> • Access to pool, weight room . Schedule and fees on line • Discounts are be applied with application 	
<i>Yellow Door Studio:</i> <ul style="list-style-type: none"> • Back in shape with yoga & pilates. See attached resource 	250-723-5112