



## **New *Ben Weider Fitness Centre of Excellence*: a Major Upgrade to the Cardiovascular Training Facility at Ben Weider JCC**

Dear Members,

Following a generous gift from the Ben Weider Foundation and anonymous donors, we are pleased to announce a **major upgrade to the cardiovascular training facility** that will vastly improve your exercise experience at the Ben Weider JCC. In the coming days we will start work on a new *Ben Weider Fitness Centre of Excellence* with **more space, improved facilities and better equipment**.

### **New improvements include:**

- 4,000 sq. ft. renovated and expanded cardiovascular facility (30% larger!)
- 20 new pieces of cardiovascular equipment
- State-of-the-art equipment with personal TVs
- New and improved equipment for the cardiac reconditioning program
- New small group strength training area

### **Renovations and what they mean for you:**

- These improvements will require a 6-week renovation period, beginning August 17<sup>th</sup>.
- During renovations, the cardiovascular equipment will be relocated to Gym A.
- Some activities will be interrupted during this time, including:
  - Walking around the perimeter of Gym A
  - Drop-in basketball and free play
  - Badminton
- Please consult the Gym B schedule for a revised program of activities that can be accommodated during this time.

**We apologize in advance for any inconvenience this may cause.**

For more information, please contact:

Christopher Laurin  
General Manager, Fitness and Recreation Services  
514.737-6551 x272  
[claurin@ymywha.com](mailto:claurin@ymywha.com)