CNH Adult Pilates

Location: ANNEX Multipurpose Room

Goals and Objectives for this program are:

1.RESPECT 2. INCLUSION 3. SAFE AND FAIR PLAY 4. FUN AND EXERCISE

All participants must adhere to the following guidelines:

- Participants **MUST** purchase the adult memberships in order to be able to reserve their spot on https://regportal.cnh.bc.ca/
- All participants **MUST** bring their own water bottles; water bottle filling stations are open. All water bottles must have a closed lid
- No food or sugary drinks allowed inside the program room
- Wear appropriate attire comfortable for the program. No outside clothing or shoes; wear non-marking indoor shoes.
- All participants must follow the EXIT signs to leave the gym after the class is completed and leave in a timely manner.
- Don't forget your energy, smile and a positive attitude!
- Don't forget to bring a positive energy and smile
- **Maximum 20 participants in the Annex Multipurpose Room**

*If you are feeling unwell or have travelled outside the country, please stay home to ensure the safety of all other participants.

If you have any questions or concerns for the following above, please don't hesitate to ask our instructor.

Membership must be purchased in order to access in person and online services such as Reserving a Recreation Spot; Program Registration; purchasing of Fitness/Recreation passes and Memberships.

If you **never had a membership with CNH**, visit www.regportal.cnh.bc.ca to create your account. Click SIGN IN and then SIGN UP using your email address to create an online account.

***NEW** family accounts **must** be set up initially in person at either location
CNH 5288 Joyce St
Annex 3690 Vanness Ave

For **existing or expired members** call 604-428-9142 or 604-435-0323 to reset password for your Online Account.
Please note:
Existing or expired Family Accounts will require confirmation of email address and a password reset in order to register your child into a program using the online registration and payment services. Please call 604-428-9142 or 604-435-0323 to activate your account.

Membership Type	**Cost**
Adult 25-54 yrs	$3
Senior 55+	$2
Youth 16-24 yrs	$2
*Household (must reside in same address, max total of 5 members)	$7

Ready to register or reserve a spot online? Log onto www.regportal.cnh.bc.ca and Sign in with your email.
Click on the 3 lines on the top left corner and make your selection
- To purchase a Membership
- To purchase a Pass
- To Register for a Program and/or to Reserve a Recreation Spot

-click on classification and select adult, children, senior or youth