



# Family Physio Sport Conditioning and Wellness Centre

DISCOVER YOUR  
STRENGTH

## Sport Conditioning Centre Policies

- All participants must check in with the front desk before admittance into the Conditioning Centre. Anyone that can not provide proof of payment **will not be permitted into the training area.**
- Before beginning any activity within the Sport Conditioning Centre all individuals **must complete an activity readiness questionnaire and intake form in addition to completing a physical assessment with a sport conditioning coach.**
- **24 hours notice is required for cancellation of all services.**
- Make up group classes are available if space is available and if 24 hours of notice is given.
- Shirts and **clean indoor shoes** must be worn at all times in the Sport Conditioning Centre. Yoga classes may be attended in bare feet or socks.
- A maximum of 30 people will be permitted in the weight training area at one time unless otherwise permitted by the sport conditioning coach or if there is a Spinning® session in progress.
- **Some services including the Athlete Injury Prevention program may be covered by insurance and/or OHIP.**

**NO OUTDOOR FOOTWEAR IS PERMITTED WITHIN  
THE SPORTCONDITIONING CENTRE**

**If you have any question regarding services covered by insurance or OHIP  
Please feel free to give us a call**

**Sport Conditioning – Physiotherapy - Massage**

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