

Health and Fitness at



Fitness opportunities for all Queens County residents are a significant part of our reason for being. We cater to individuals and groups, of any age and mobility, looking for a place to stay healthy.

Fitness Centre memberships are very affordable, and range from day passes to full year memberships.



The Fitness Centre

The John Atkinson Fitness Centre, an impressive 4,000 sq. ft. space, gives members plenty of room to use our state-of-the-art cardio and resistance training equipment. Four televisions with audio headsets help occupy your mind as you use the cardio machines. Digitally streamed music energizes the overall atmosphere.

If something more structured fits your needs, a selection of personal training packages are available with any of our certified Personal Trainers. We will create a tailor-made exercise program to meet your goals.

Fitness Studio



Our 1,150 sq. ft. fitness studio has a free-floating sprung floor to minimize joint stress. A mirrored wall and windows with frosted glass give a feeling of open, yet private, spaciousness to the room. With a built-in stereo and microphone system, this is a perfect venue for exercise classes offered by our staff, or private instructors. It can accommodate groups of 20 for classes or other activities.

If you rent the studio for private classes, team training or small gatherings, it is closed to members so you can be sure of uninterrupted enjoyment.

Walking, jogging and amenities

Included in all fitness memberships is the use of the Eleanor Seeley Multipurpose Indoor Track, circling the upper concourse of the arena. Monthly or per-use memberships are available at very reasonable prices for the track alone. Plus:

- change rooms, lockers, showers & washrooms
- free Wi-Fi inside facility
- accessible to people with limited mobility
- seasonally-maintained outdoor trail for walking or running
- sledding hill in winter
- 3 half-court basketball courts



Our equipment:

- 6 Treadmills
- 1 Elliptical
- 2 Steppers
- 3 Arc trainers
- 3 Upright bicycles
- 3 Recumbent bicycles
- 2 Rowing machines
- 1 SciFit cardio (Accessible)
- Exercise mats
- Hoist ROC IT selectorized strength training equipment
- Free weights with benches
- Cable strength training equipment
- Stability balls
- Skipping ropes
- Pro-grade kettlebells
- Steps
- Bosu balls
- Foam rollers
- Gliders
- Agility equipment
- Body bars
- Toning balls
- Yoga blocks
- Wall & medicine balls
- Strength bands

For more information, memberships or classes, please contact us at:

QUEENS PLACE EMERA CENTRE

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