



☎ 250-475-5400

## Pearkes Recreation Centre - Weight Room Schedule

*Effective January 3 – June 22, 2012*

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Hours of Operation</b>	6:00am – 10:00pm	6:00am – 10:00pm	6:00am – 10:00pm	6:00am – 10:00pm	6:00am – 10:00pm	7:00am – 10:00pm	7:00am – 10:00pm
<b>Circuit Class in Weight Room</b>		9:15-10:15am		9:15-10:15am	9:15-10:15am	9:15-10:15am	9:15-10:15am
<b>Supervisor on Duty</b>	9:00-11:00am 4:30-8:30pm	9:00-11:00am 4:30-8:30pm	9:00-11:00am 4:30-8:30pm	9:00-11:00am 4:30-8:30pm	9:00-11:00am 4:30-8:30pm	9:00-11:00am	9:00am-11:00am
<b>Weight Room Orientations</b> Call 250-475-5400 to book appointment		5:30- 6:30pm				10:30 – 11:30am	

Statutory Holidays: No classes or supervisor on duty in the Weight Room

### Notes & Additional Information

**Weight Room Policy:** Our weight rooms are available for use by persons 16 years and older or teens 13-15 years after completing a weight room orientation.

**Orientations:** During supervised times listed below They are designed to familiarize you with our facility and to give you an orientation to the basics of strength training. Safe use of fitness equipment is important to us. An orientation is recommended before using the weight room. Cost \$15 plus tax. Call any of our 4 Recreation centres to book an appointment.

#### Personal Training

Our instructors will design a training program specific to your needs or revamp an existing program. If you feel stuck in a workout rut, or need some motivation to stick to your program, this is the service for you. Pre-registration is required and there is a 24 hour cancellation policy, less than 24 hours will result in a non refundable loss of your session Call any of our 4 Recreation centres to book an appointment .

#### Private Sessions

1 hour - \$50  
 2x \$92 ( 6 month expiry date )  
 4x - \$169 ( 6 month expiry date )  
 8X - \$326 ( 10 month expiry date )`

#### Semi Private (per person)

1 hour -\$33  
 2x \$57 ( 6 month expiry date )  
 4x- \$100 ( 6 month expiry date )  
 8x- \$194 ( 10 month expiry date)

#### Weightroom Highlights

Numbers of machines - 28  
 Full Range of Free Weights

**Amenities**

1. Sq. Footage - 1600
2. Air Conditioning
3. Friendly, qualified staff
4. Drop in Circuit Classes
5. Orientation and Personal Training available by appointment only.
7. Free Parking