



☎ 250-475-7121

## Cedar Hill Recreation Centre - Weight Room Schedule

*Effective January 3 – June 24, 2012*

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Hours of Operation</b>	6:30am-10:00pm					8:00am-9:00pm	8:00am-9:00pm
<b>*Orientations 13yrs+</b>				5:45-7:15pm		10:15-11:45am	
<b>Supervisor on Duty</b>	9:00-11:30am 5:30-8:30pm	9:00-11:30am 5:30-8:30pm	9:00-11:30am 1:30-3:30pm 5:30-8:30pm	9:00-11:30am 5:30-8:30pm	5:30-8:30pm	10am-12:30pm	10:00am-12:30pm
<b>Notes &amp; Additional Information</b>	<p><b>Statutory Holidays:</b> Open 9:00am – 4:30pm. No Supervisor on Duty April 6 &amp; 9, May 21, 2012</p> <p><b>All weight rooms have a wide selection of fitness cardio equipment, strength training machines and free weights.</b></p> <p><b>* Weight Room Policy:</b> Our weight rooms are available for use by persons 16 years and older. Teens 13-15 years must complete an orientation before using the weight room. Teens with an orientation are now welcome in our weightroom at all times.</p> <p><b>Orientations:</b> 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. Orientations are on Thursday evenings and Saturday mornings, see schedule above. Call 250-475-7121 to book an appointment, cost is \$15 + tax.</p> <p><b>Personal Training:</b> 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. Prices do not include HST. There is a 24 hour cancellation policy, less than 24 hours notice will result in a non refundable loss of your session. Call any of our four recreation centres to book an appointment.</p> <p><b>Private Sessions</b> 1 hour - \$50 2x - \$92 (6 month expiry date) 4x - \$169 (6 month expiry date) 8x - \$326 (10 month expiry date)</p> <p><b>Semi Private Sessions (per person)</b> 1 hour -\$33 2x - \$51 (6 month expiry date) 4x - \$100 (6 month expiry date) 8x - \$194 (10 month expiry date)</p>						