

## Cedar Hill Recreation Centre – Weight Room Reserved Drop In Schedule

*Effective: Sep 6-Dec 18, 2022*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	6:30am-10pm	6:30am-10pm	6:30am-10pm	6:30am-10pm	6:30am-10pm	8am-9pm	8am-9pm
Attendant on Duty	9-11am 5-7pm	9-11am 5-7pm	9-11am 5-7pm	9-11am 5-7pm	9-11am	10am-12pm	11:30am-1pm

### Weight Room Orientations

- Our weight room is available for use by persons 16 years and older or teens 13-15 years after completing a free weight room orientation. Orientation by appointment for ages 13+, adults and 60+.
- Orientations cost \$15 (plus tax) for adults, free for teens 13-15yrs and adults 60+.
- Orientations Saturdays 10:30-11:30am and Sundays 11:30am-12:30pm.
- Call 250-475-7121 to book an appointment.

### Personal Training Sessions

Our instructors will design a training program specific to your needs or revamp an existing program. If you feel stuck in a rut, or need some motivation to stick to your program, this is the service for you. Visit our [Personal Training](#) page for more information. Call reception at 250-475-7121 to set up an appointment.

### Weight Room Guidelines

- 30 minute maximum on all cardio equipment
- Clean equipment (pins, adjustment knobs, seat, handles etc.)
- Spray paper towel with disinfectant and wipe equipment

### Notes & Additional Information

Facility closed on Statutory Holidays:  
Sep 5, Sep 30, Oct 10, and Nov 11.



PARKS, RECREATION  
& COMMUNITY SERVICES