

Weight Room Schedule

Effective: October 14 – December 21, 2025

Schedule is subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-9pm	7am-8pm	7am-8pm
Attendant on Duty	10-11am	10-11am	10-11am	8-10am	9-10am	10:30-12:30pm	
	4-7pm	5-7pm	5-7pm	5-6pm	7-8pm		
Orientations (by appointment only)					6-7pm	10:45-11:45am	
Classes in the Weight Room and/or Gardom Room	Weight Training Beginner 50+ 10:15-11:15am	Circuit 9:15-10:15am	Circuit 9:15-10:15am	Weight Training Fundamentals 4-5pm	Circuit 9:15-10:15am	Circuit 8:15-9:15am	
Note: Gardom Room is closed during all scheduled weight room classes	Big Wellness 7-8pm		Big Wellness 7-8pm			Circuit 9:30-10:30am	
Weight Room Orientations	- Our weight room is available for use by persons 16 years and older or teens 13-15 years after completing a weight room orientation. An orientation is designed to familiarize you with our facility, the basics of strength training, and personal safety around equipment. Orientations are by appointment only. - Orientations cost \$15 (plus GST) for adults and are free for teens 13-15yrs and adults 60+. - Call 250-475-5400 to book an appointment.						
Personal Training Sessions	Visit our Personal Training page or visit our reception desk for more information about packages offered. Call reception at 250-475-5400 to set up an appointment.						
Weight Room Guidelines	- Our weight room is not available to users under the age of 13 years. Participants ages 13-15yrs may only attend after completing an orientation and must present their orientation card or sticker as proof of completion. - Visit our Weight Room page to view all weight room guidelines.						

