

Weight Room Schedule

Effective: September 2 – 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	9-11am 4-7pm	9-11am 5-7pm	9-11am 5-7pm	9-11am 5-7pm	9-11am 4-7pm	9:30-11:30am	
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 4-4:55pm	Circuit 9:15-10:15am	Circuit 9:30-10:30am	Rowing 10:30-11:20am (Starting Nov 2)
Note: Gardom Room is closed during all scheduled weight room classes	Big Wellness 7-8pm		Weight Training Teens 3:30-4:30pm		Chair Fit 11:15-12:15pm		
			Big Wellness 7-8pm				
Weight Room Orientations	<ul style="list-style-type: none">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	<ul style="list-style-type: none">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.						

