



☎ 250-475-7100
Spring 2021

GORDON HEAD RECREATION - Weight Room Reserved Drop-Ins

	Monday - Wednesday	Thursday	Friday	Saturday	Sunday
Weight Room	6:30-8:00am 8:30-10:00am 10:30-12:00pm 12:30-2:00pm 3:00-4:30pm 5:00-6:30pm 7:00-8:30pm	6:30-8:00am 8:30-10:00am 10:30-12:00pm 12:30-2:00pm 3:00-4:30pm 5:00-6:30pm	6:30-8:00am 8:30-10:00am 10:30-12:00pm 12:30-2:00pm 3:00-4:30pm 5:00-6:30pm 7:00-8:30pm	8:30-10:00am 10:30-12:00pm 12:30-2:00pm	9:00-10:30am 12:00-1:30pm
Weight Room (Women only)		7:00-8:30pm			
Weight Room Guidelines	<ul style="list-style-type: none"> • Collect your individual spray bottle • Spray paper towel with disinfectant and wipe equipment • Clean your cubby before and after use • Stay 2 metres apart, unless with a workout partner • No "working in", unless with your workout partner • Before and after use: clean equipment (pins, adjustment knobs, seats, handles etc) • Return spray bottle to "dirty" table • Leave promptly once session is finished • No shower facilities available 				
Notes & Information	<p>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 only for ages 13+, Adults and 60+. Call 250-475-7100 to book an appointment.</p> <p>Facility closed on Statutory Holidays</p> <p>Weight room equipment may be limited due to Covid-19.</p>				