

Weight Room Schedule

Effective: Jan 2 – May 11, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-9pm	6am-9pm
Women Only				8:30-10pm			
Attendant on Duty	6:45-8:45am 11am-1pm 3-5pm	9-11am 3:30-5:30pm 6:30-8:30pm	6-8am 11am-1pm 3-5pm	10am-12pm 7:30-9:30pm	7-9am 3-5pm	9am-12pm	9am-12pm
Orientations (by appointment only)		7-8pm		12-1pm 8:30-9:30pm* (*Women Only)		10:15-11:15am	10:15-11:15am
Classes in the Weight Room (Shared Space)		Fundamental Weight Training 10:05-11:05am Silver Weight Training 11:15am-12:15pm	Senior Fitness Toolkit 10:15-11:15am Getting started with Exercise 50+ 11:30am-12:30pm	Small Group Training 9-10am Fundamental Weight Training 10:05-11:05am Silver Weight Training 11:15am-12:15pm Expert Corner 3-5pm Teen Weight Training 5-6pm	Accessibility Hours 9-11am		

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 250-475-7100 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 250-475-7100 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.

Notes & Additional Information

The weight room will be temporarily closed for approximately four (4) months beginning May 12 to address essential facility maintenance

