

Weight Room Schedule

Effective: September 7 to December 20, 2026

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-6pm	7am-6pm
Attendant on Duty	9-11am	9-11am	9-11am	9-11am	9-11am	10am-12pm	10am-12pm
	3-7pm	3-8pm	3-7pm	3-8pm	3-7pm	2-4pm	
Orientations (by appointment only)				10-11am	6-7pm	11am-12pm	
Classes in the Weight Room and/or Gardom Room	Senior Strength Training 11am-12pm		Weight Training Beginner 11am-12pm			Circuit 8-10am	
Note: Gardom Room is closed during Circuit classes			Weight Training Ongoing 12-1pm				
Weight Room Orientations	- Our weight room is available for use by persons 16 years and older or teens 13-15 years after completing a 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.						

