

Weight Room Schedule

Effective: July 5 to September 6, 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	10-11am	9-11am	9-11am	10-11am	10:30am-12pm	10am-12pm	
	4-7pm	4-8pm	4-7pm	4-6pm	3-7pm			
Orientations (by appointment only)			10:30-11:30am		6-7pm	10:45-11:45am		
Classes in the Weight Room and/or Gardom Room	Weight Training Beginner 50+ 10:15-11:10am	Circuit 9:15-10:15am	Circuit 9:15-10:15am		Circuit 9:15-10:15am	Circuit 8:15-9:15am	Circuit 9:30-10:30am	
Note: Gardom Room is closed during all scheduled weight room classes								

<p>Weight Room Orientations</p>	<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.
<p>Personal Training Sessions</p>	<p>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.</p>
<p>Weight Room Guidelines</p>	<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.

