

# Weight Room Schedule

Effective: January 4 to July 4, 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-8pm	7am-8pm
Attendant on Duty	9-11am	10-11am	9-11am	8-10am	9-10am	9am-12pm	10am-12pm
	4-7pm	5-7pm	4-7pm	4-7pm	4-7pm		
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+ 10:15-11:15am	Circuit 9:15-10:15am	Circuit 9:15-10:15am	Weight Training Fundamentals 4-5pm	Circuit 9:15-10:15am	Circuit 8:15-9:15am  Circuit 9:30-10:30am	Creative Dance Movement 9:15-11:15am
<b>Note: Gardom Room is closed during all scheduled weight room classes</b>	Big Wellness 7-8pm						
Weight Room Orientations	<ul style="list-style-type: none"><li>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.</li><li>Orientations cost \$15 (plus GST) for adults and are free for teens 13-15yrs and adults 60+.</li><li>Call 250-475-5400 to book an appointment.</li></ul>						
Personal Training Sessions							
Weight Room Guidelines							

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.

- 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.

