

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 4-7pm	10-11am 5-7pm	9-11am 4-7pm	8-10am 4-7pm	9-10am 4-7pm	9am-12pm	10am-12pm
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	Creative Dance Movement 9:15-11:15am
Note: Gardom Room is closed during all scheduled weight room classes	Big Wellness 7-8pm					Circuit 9:30-10:30am	

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

