



Pearkes Recreation Center Weight Room Schedule

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Facility Hours	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	7:00am-8:00pm	7:00am-8:00pm
Supervisor on Duty	9:00-11:00am 4:00-7:00pm	9:00-11:00am 4:00-7:00pm	9:00-11:00am 4:00-7:00pm	9:00-11:00am 4:00-7:00pm	9:00-11:00am 4:00-7:00pm	9:30-11:30am	
Weight Room Orientations					5:00-6:00pm	10:00-11:00am	

Orientations

Orientations are designed to familiarize you with our facility and to teach you the basics of strength training and cardio equipment. An orientation is recommended before using the weight room because safe use of fitness equipment is a necessity.

Cost \$15 plus tax. Teens ages 13-15 and adults 60+ years are FREE.

Orientations are by appointment only. **Call us at 250-475-5400 to book an appointment.**

Weight Room Guidelines

Spray towel with disinfectant to wipe equipment after use
Store personal items in locker/cubby
30 min maximum on cardio equipment
Allow others to work in

Appropriate clothing must be worn, no open toed shoes
Scent free weight room
No taking of video or photos
No grunting or coarse language

Personal Training

Our instructors will design a training program specific to your needs or revamp an existing program. If you feel stuck in a workout rut, or need some motivation to stick to your program, this is the service for you. There is a 24-hour cancellation policy, less than 24 hours will result in a non-refundable loss of your session. Call 250-475-5400 to set up an appointment.

Private Sessions

2x \$108 (10 months expiry date)
4x \$205 (10 months expiry date)
8x \$410 (10 months expiry date)
12x \$615 (10 months expiry date)

Semi-Private Sessions

2x \$136 (10 months expiry date)
4x \$250 (10 months expiry date)
8x \$500 (10 months expiry date)
12x \$750 (10 months expiry date)

Effective from January 2 – June 30, 2023.

Phone - 250-475-5400

