

FITNESS MEMBERSHIPS AND WEIGHT ROOM INFORMATION

Weight Room Hours

Monday to Friday 6 a.m. to 9 p.m.

Saturday/Sunday 9 a.m. to 4 p.m.

(closed on Statutory holidays)

Fitness Membership and Drop In Fees

MEMBERSHIP DESCRIPTIONS	Adult (19 yrs+)	Youth (12-18 yrs)	Student (19-24 yrs)	Senior (60 yrs+)
Drop-In	\$7	\$5	\$5	\$5
10 Visit	\$55	\$35	\$45	\$45
1 Month	\$60	\$40	\$50	\$50
3 Month	\$144	\$96	\$120	\$120
1 Year	\$396	\$264	\$330	\$330
Replacement fee for a lost card				\$5

Students

Students must present a student card or letter from a school registrar confirming registration at an accredited post secondary institution.

Personal Training

Our personal trainers are provincially or nationally certified and registered.

Training sessions are 60 minutes in length.

1 session	\$65
3 sessions	\$180
5 sessions	\$275

Supervised Weight Room Hours

Monday to Friday

6 to 7:45 a.m.

Youth in the Weight Room

You must be 16 years or older to use the weight room without supervision.

Youth ages 13-15, may use the weight room during Supervised Weight Room times or with a Parent/Legal Guardian.

Youth age 13-15 may use the weight room during all regular weight room hours after completing the

Youth Weight Room Orientation.

(Parental Consent Form is required)

Youth age 12 may use the weight room with a parent/legal guardian only.

Youth Weight Room Orientation

A 90 minute course designed to ensure teens are comfortable using the Sportsplex weight room equipment without a supervisor present.

Age 13 - 15 Years

\$10/Person - Registration Required

Please Call 250-923-7911 for upcoming dates.

Adult Weight Room Orientation

A 90 minute course designed to familiarize adults on weight room equipment, effective weight training and weight room etiquette.

Age 16+ Years

\$10/Person - Registration Required

Please Call 250-923-7911 for upcoming dates.