

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.
Monday and Wednesday	2 to 4:15 p.m.
Thursday	3 to 5 p.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 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.