

Gordon Head Recreation Centre - Reserved Drop-In Fitness & Weight Room Schedule

☎ 250-475-7100

Effective December 23 – 29, 2024

PROGRAM	MON, Dec. 23 6am-10pm	TUE, Dec. 24 6am-4pm	WED, Dec. 25	THU, Dec. 26	FRI, Dec. 27 6am-10pm	SAT, Dec. 28 6am-9pm	SUN, Dec. 29 6am-9pm
Basic Yoga			Closed Happy Holidays		5:30-6:30pm		
Attendant on Duty in Weight Room	4-7pm	10am-1pm			1-4pm	10am-1pm	10am-1pm
Weight Room Orientation		12-1pm				11am-12pm	

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Effective December 30, 2024 – January 5, 2025

PROGRAM	MON, Dec. 30 6am-10pm	TUE, Dec. 31 6am-4pm	WED, Jan 1	THU, Jan 2 6am-10pm	FRI, Jan 3 6am-10pm	SAT, Jan 4 6am-9pm	SUN, Jan 5 6am-9pm
Basic Yoga			Closed		5:30-6:30pm		
Attendant on Duty in Weight Room	4-7pm	10am-1pm		See Winter/Spring Weight Room Schedule Jan 2 - Jun 16, 2025			
Weight Room Orientation		12-1pm					

Weight Room Orientation Our weight room is only 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. Call 250-475-7100 to book as sessions are by appointment only. Orientations cost \$15 (plus GST) for adults and are free for teens 13-15yrs and adults 60+.