



weight room services



Weight Room Orientations

Need to get oriented in the weight room? This is a great way to get started for the "do-it-yourselfer!" You'll learn about weight room etiquette, basic equipment and proper exercise techniques, plus have a chance to ask any fitness-related questions. Free for Fitness Membership holders.

Circuit Training

These are designated times posted in the weight rooms when cardio and resistance machines are reserved for circuit training classes or registered programs. A weight room orientation is required prior to attending circuit training classes.

Supervised Teen Times

Weight rooms are restricted to persons 15 years and over. Youth as young as 13 years may participate under special circumstances and must first complete a consultation with our Health and Lifestyle staff prior to participation. See page 6 for contact information.



Tony
Fitness Advisor
Karen Magnussen &
other facilities

weight room services

Weight Room Etiquette

We invite everyone to come and check out our facilities, but we ask that you help us maintain a safe and friendly environment for all to enjoy.

- Visible fitness membership pass, drop-in hand stamp or wrist band.
- Please wipe down equipment after use.
- Observe and follow cardio sign-up procedures.
- Proper attire required – No sandals, jeans or open-toed shoes.
- Shirts are mandatory.
- No scents is good sense! Avoid wearing cologne or strong perfumes.
- No cell phone use in the weight room.
- Picture taking is strictly prohibited.
- Do not bring infants, toddlers or children into the weight rooms.



see
centre pull-out
for
Weight Room
Hours