



Drop-in Weight Room Schedules

For ages 16+ years

Our weight rooms are equipped with cardio machines and strength equipment.
 Sign up for a weight room orientation.
 See bottom of this schedule for details.

Updated Mar 31

Gibsons & Area Community Centre							
Effective Apr 1 to Jun 30 except for statutory holidays (Fri Apr 15, Mon Apr 18, Mon May 23)							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	6:00 am – 8:30 pm	6:00 am – 8:30 pm	6:00 am – 8:30 pm	6:00 am – 8:30 pm	6:00 am – 8:30 pm	9:00 am – 5:00 pm	9:00 am – 5:00 pm
	Adaptive Fitness 10:00 –11:00 am	Happy Hearts Maintenance 9:45 - 10:45 am		Happy Hearts Maintenance 9:45 - 10:45 am			
		Happy Hearts Plus 11:00 -11:45 am		Happy Hearts Plus 11:00 -11:45 am			
Subject to change, visit: www.scrd.ca/drop-in for the most up to date schedule. The weight room may be busier during these times. We encourage all participants to work in with one another.							

Weight Rooms

Our weight rooms are equipped with cardio machines and strength equipment. Weight rooms are available to 13+ years.*

*Those 13 – 15 year olds who complete an orientation or are closely supervised by an adult are welcome in the weight rooms.

Not sure how to use the equipment? Sign Up for a Weight Room Orientation

Orientations provide you with the basic knowledge needed to feel confident in the weight room. These sessions are conducted by a registered weight trainer in a small group setting.

Orientations are available at the **Sechelt Weight Room** Wednesdays 4:45-5:30pm.

Register [Online Here](#), Over the Phone (604-885-6801) or In-Person

Do you have questions about the weight room? Ask our qualified weight room attendant available Wednesdays 4:00-4:45pm at the Sechelt Aquatic Centre.

- Masks are optional but recommended.
- Vaccination QR Codes are required to be scanned until April 8th.