



# Drop-in Weight Room Schedules

## For ages 16+ years

Updated Dec 29

### Gibsons & Area Community Centre

Effective Jan 2 to Mar 31 except for statutory holidays.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Weight Room Hours</b>	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
	<b>Adaptive Fitness*</b> 10:00 – 11:00 am	<b>Happy Hearts Maintenance*</b> 9:45 - 10:45 am		<b>Happy Hearts Maintenance*</b> 9:45 - 10:45 am	<b>MYPASS Express Circuit*</b>  10:15 – 11:00 am		
		<b>Happy Hearts Plus*</b> 11:00 -11:45 am		<b>Happy Hearts Plus*</b> 11:00 -11:45 am			

Pay drop-in admission at the facility: **Adult \$7 / Senior \$6 / Teen \$5.25.**

Subject to change, visit: [www.scrd.ca/drop-in](http://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.

## Weight Room Orientations

### 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.

Weight Room Orientations are FREE for youth 18 and under and those who hold an active MYPASS. The non-member fee for an orientation is \$15.

Orientations are offered at both the Gibsons & Area Community Centre and the Sechelt Aquatic Centre. Each orientation opens for registration two weeks before its start date.

You can view available orientations and register [Online Here](http://www.scrd.ca/myrecreation), ([scr.d.ca/myrecreation](http://www.scrd.ca/myrecreation)), over the phone (604-885-6801), or in person at GACC/SAC.