



Drop-in Weight Room Schedule

For ages 16+ years Our weight rooms are equipped with cardio machines and strength equipment.

Teens who are 13 to 15 years old may use the weight room if they are closely supervised by an adult 19 years or older OR if they complete one of our SCRD Weight Room Orientations. Call to register 604-885-6801 or register online www.scrd.ca/recreation.

Last updated Jan 6

Pender Harbour Aquatic & Fitness Centre

Effective to Jan 2 to Mar 16

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weight Room Hours	7:30am – 1:00pm	7:30am – 1:00pm 5:00pm – 8:20pm	7:30am – 1:00pm 5:00pm – 8:20pm	7:30am – 1:00pm 5:00pm – 8:20pm	7:30am – 1:00pm	CLOSED	1:00pm – 4:00pm
Drop-in classes taking place during these times. The weight room may be busier during these times. Patrons are welcome to drop-in if there is space available.	11:45 - 12:45 pm Iron Goddess: Women's Weight Training	10:30am - 11:30am MYPASS Land Meets Water	9:30 - 10:15 am MYPASS Mat Pilates	8:45 – 9:45 am MYPASS Mix It Up 10:30 - 11:30 am MYPASS Land Meets Water			

Weight room and MYPASS Drop-in Fitness admission is included with your valid MYPASS.

If paying admission upon arrival, please note weight room admission is different than MYPASS Fitness class admission. Please check www.scrd.ca/drop-in-rates.

Drop-in admission for Iron Goddess: Women's Weight Training is \$17, space permitting.



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Weight Room Orientations

\$15

FREE for youth 18 years and under

FREE if you have a valid MYPASS (any age)

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.

Offered in the Gibsons & Area Community Centre and Sechelt Aquatic Centre

Registration opens 2 weeks before the orientation date.

Register:

- Online www.scrd.ca/recreation
- By phone: 604-885-6801
- In person at Gibsons & Area Community Centre or Sechelt Aquatic Centre