



# Weight Room Information

The weight room may be busier during these times. We encourage all participants to work in with one another.  
 Subject to change, visit: [www.scrd/drop-in](http://www.scrd/drop-in) for the most up to date schedule.

Updated Sep 13

## Weight Room Gibsons & Area Community Centre

Effective Sep 3 to Dec 23, 2019 except statutory holidays.

For ages 16 years.

MONDAY 6:00 am – 8:30 pm	TUESDAY 6:00 am – 8:30 pm	WEDNESDAY 6:00 am – 8:30 pm	THURSDAY 6:00 am – 8:30 pm	FRIDAY 6:00 am – 8:30 pm	SATURDAY 9:00 am – 5:00 pm	SUNDAY 9:00 am–5:00 pm
	<b>Happy Hearts</b> 9:45 am - 10:15 am		<b>Happy Hearts</b> 9:45 am - 10:15 am			
<b>Adaptive Fitness</b> 10:00 am - 11:00 am	<b>Express Circuit</b> 10:15 am - 11:00 am Lisa <b>Drop-in</b>		<b>Express Circuit</b> 10:15 am - 11:00 am Lisa <b>Drop-in</b>	<b>Adaptive Fitness</b> 10:00 am - 11:00 am	<b>Express Circuit</b> 10:15 am - 11:00 am Jacquie <b>Drop-in</b>	
	<b>Happy Hearts</b> 11:00 am -11:45 am		<b>Happy Hearts</b> 11:00 am -11:45 am			
<b>Weight Room Orientation</b> 11:30 am - 12:15 pm						
<b>Toonie Time</b> 12:30 pm - 2:00 pm <b>Drop-in for \$2</b>	<b>Toonie Time</b> 12:30 pm - 2:00 pm <b>Drop-in for \$2</b>	<b>Toonie Time</b> 12:30 pm - 2:00 pm <b>Drop-in for \$2</b>	<b>Toonie Time</b> 12:30 pm - 2:00 pm <b>Drop-in for \$2</b>	<b>Toonie Time</b> 12:30 pm - 2:00 pm <b>Drop-in for \$2</b>		
			<b>Weight Room Orientation</b> 4:00 pm – 4:45 pm			

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