



Weight Room/Gym Information

The weight room may be busier during these times. We encourage all participants to work with one another.

Updated Aug 2019

Weight Room Pender Harbour Aquatic & Fitness Centre

Effective September 8-December 22, 2019. Facility is closed on Stat holidays and evening of October 31.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT 7:30-8:15am Sept 9-Dec 16		HIIT 7:30-8:15am Sept 11-Dec 18		Ladies Who Lift 8:30-9:30am Sept 27-Nov 1 Nov 8-Dec 13		
Core Back Yoga 9:15 – 10:30am Sept 30-Nov 2	Mix It Up 9:30 – 10:30am Sept 10-Dec 17	PHSS Students 9:20 – 10:10am Dates TBA	Mix It Up 9:30 – 10:30am Sept 12-Dec 19	Hatha Yoga 9:45-11:00am Oct 4-Dec 6		
		Hatha Yoga 9:15 – 10:30am Sept 18-Dec 11				
Multi Sport 11:15am – 12:15pm Sept 9-Nov 25	Land Meets Water 10:45 – 11:15am Sept 10-Dec 17	PHSS Students 11:28am – 12:38pm Date TBA	Land Meets Water 10:45 – 11:15am Sept 12-Dec 19	PHSS Students 11:28am – 12:38pm Dates TBA		
		Better Balance 12:00 – 1:00pm Sept 25-Nov 20		Kids Tumble Tots 11:15am – 11:45am Sept 20-Nov 22		
Yoga Conditioning 6:00-7:00 pm Sept 16-Oct 28 Nov 4-Dec 16		HIIT 5:30-6:15pm Sept 11-Dec 18				

Subject to change, visit: www.scrd/drop-in for the most up to date schedule.