

Fitness and Weight Room 2026

Early Morning Access (Mon – Fri)

Monday – Friday early morning access to the weight room and fitness classes is **restricted to members and cash drop-in payments only** from 6 to 8 a.m.
The office opens at 8 a.m.

*Please note that card payments will **not** be accepted during this period.*

Weight Room Hours

Monday to Friday 6 a.m. - 9 p.m.

Saturday/Sunday 8 a.m. - 4 p.m.

Please Note

We are closed on all statutory holidays.

Supervised Weight Room Hours

Monday - Friday Mornings 6 - 7:45 a.m.

Monday - Friday Afternoons *Variable

*Afternoon supervised weight room hours are available; however, the schedule varies weekly. We recommend calling ahead to confirm availability.

Student Rate Qualification

Students aged 19 to 24 are required to present either a student ID or a letter from a school registrar confirming their enrollment at an accredited post-secondary institution to qualify for the student rate.

Fitness Memberships and Drop In Fees 2026

MEMBERSHIP DESCRIPTIONS	Adult (19 yrs+)	Youth (12-18 yrs)	Student (19-24 yrs)	Senior (60 yrs+)
Drop-In	\$7	\$5	\$5	\$5
10 Visit	\$58	\$37	\$48	\$48
1 Month	\$64	\$42	\$53	\$53
3 Month	\$153	\$102	\$127	\$127
1 Year	\$420	\$280	\$350	\$350

Membership card replacement fee is \$5

Youth in the Weight Room

Youth Age 12

May use the weight room with a parent or legal guardian only.

Youth Age 13-15

May use the weight room during Supervised Weight Room times only, or or with a parent or legal guardian

or

After completing the Youth Weight Room Orientation, may use the weight room during all hours.

Youth Age 16+

May use the weight room on their own.

A Parental Consent Form is required for all youth under the age of 16.

Weight Room Orientations

A 90 minute course designed to help both adults and teens feel confident using the Sportsplex weight room equipment independently. You'll learn effective weight training techniques and the importance of weight room etiquette.

Registration is required.

\$15 per person

For more information or upcoming dates, call; 250-923-7911

Personal Training

Our personal trainers are provincially or nationally certified and registered.

Training sessions are 60 minutes in length.

1 Session \$ 75

3 Sessions \$ 210

5 Sessions \$ 325