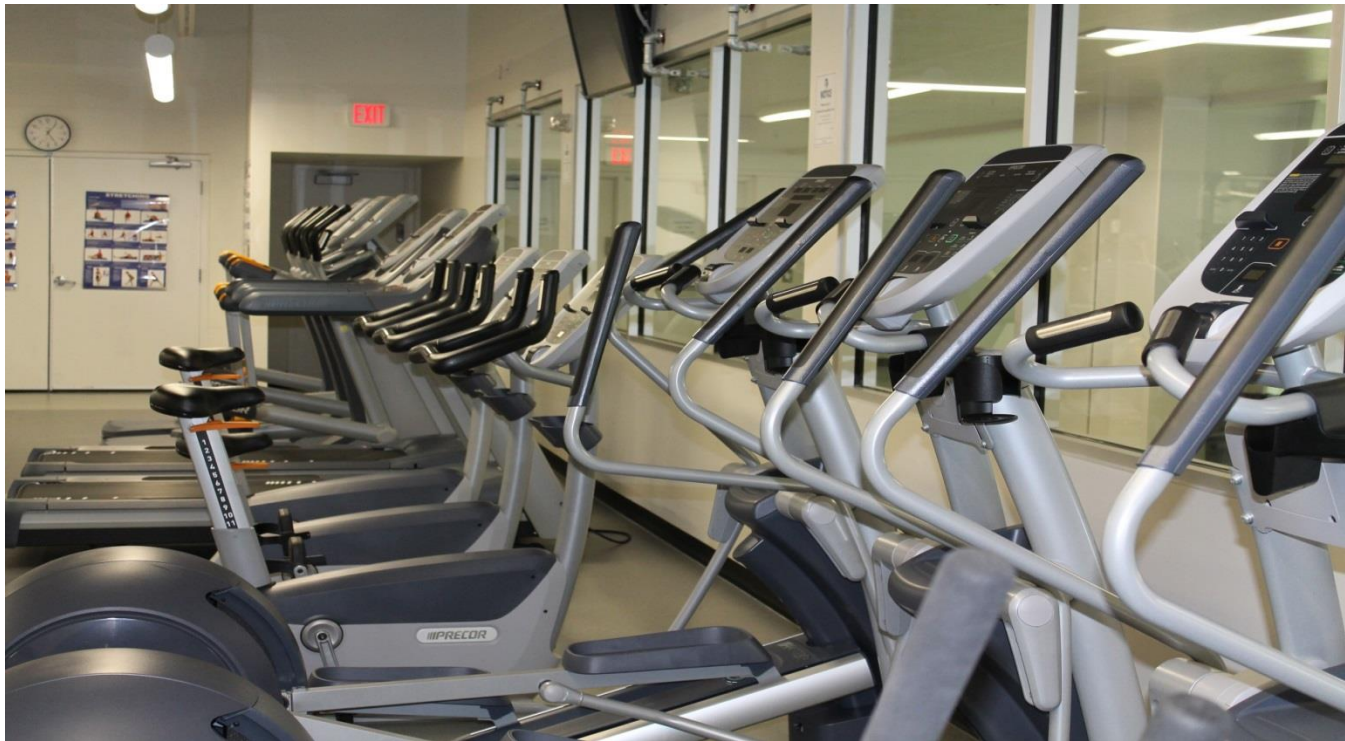


Workout Studio



Drop-In visit: \$3.00/visit

OR Purchase a Multi-pack and SAVE:

10 Pack - \$25.00 · 20 Pack - \$45.00 · 40 Pack - \$80.00
(Prices include HST)

Youth ages 13-15 wishing to use the workout studio must first attend 2 orientation sessions. Orientation sessions are offered Mondays 4:30-5:00pm or Saturdays 8:45-9:15am.

Winter Hours of Operation

January 8 - March 31, 2018

Monday: 6:00am - 9:00 am · 11:30 - 2:30 pm · 4:30 - 9:30 pm

Tuesday: 6:00am - 9:00 am · 11:00 - 2:30 pm ·
4:30 - 7:00 pm · 8:00 - 9:30 pm

Wednesday: 6:00am - 9:00 am · 11:30 - 2:30 pm ·
4:30 - 7:00 pm · 8:00 - 9:30 pm

Thursday: 6:00am - 9:00 am · 11:00 - 2:30 pm ·
4:30 - 7:00 pm · 8:00 - 9:30 pm

Friday: 6:00am-9:00 am · 9:30am-2:30 pm · 4:30-8:00 pm

Saturday: 7:30am to 2:00pm

Sunday: 8:00am to 2:00pm

CLOSED: Mar. 9-11 & 30

SPECIAL SCHEDULE: Feb. 19 (11:30am-2:30pm only)

(All hours subject to change)