

# DROP-IN SCHEDULE - WEIGHT ROOMS

## Nanaimo Aquatic Centre & Beban Park Weight Rooms

DEVELOP YOUR STRENGTH, AGILITY AND CARDIOVASCULAR FITNESS IN ONE OF OUR WEIGHT ROOMS.

### Nanaimo Aquatic Centre Weight Room - **Spring and Summer**

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Hours (Mar 31-Jun 30)</b>	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm
<b>Hours (Jul 2-21 &amp; Aug 19-31)</b>	6 am-8 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-8 pm

Schedule subject to change. See page 9 for specific stat holiday closures. See [recreation.nanaimo.ca](http://recreation.nanaimo.ca) for up-to-date information.

**Weight Room Attendants:** Our qualified attendants are ready to show you new exercises, teach you how to use the equipment and answer your questions. They work on-site to care for weight room equipment and enforce safe weight room practices. Daily schedules are posted at each location.

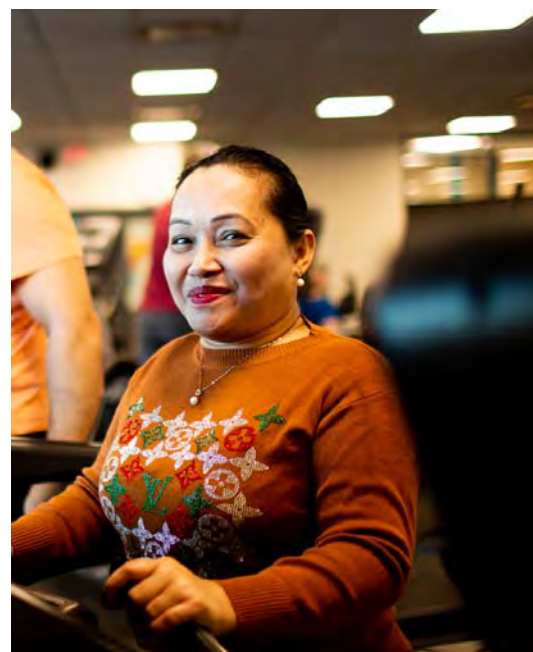
**Weight Room Policy:** Personal trainers, kinesiologists and physiotherapists, etc. not employed or authorized by the City of Nanaimo may not train clients within the weight rooms. For more information, contact the Weight Room Supervisor at 250-756-5200.

**Weight Room Orientations:** These are designed to familiarize you with our facilities and give you an orientation of the basics of strength and functional training. An orientation is recommended before using our facilities. Please contact us to set up a time or see our Fitness/Yoga section for scheduled sessions. Cost is \$5.

**Weight Room Personal Training Sessions:** Work one-on-one with a trainer to develop a workout program that works for you, to follow up and assess your progress or to create a new program that challenges you on your fitness journey. Whatever your health and fitness goals are, our personal trainers can help! Each session includes access to the facility on the day of the training session. Cost is \$48 for one hour. Please book your session in advance. See page 67 for more info.

**Youth in the Weight Room:** Our weight rooms are available for use by persons 16 years and older. Teens (13-15) wishing to use the weight room for fitness training must complete an orientation. Once completed, they will receive a "Gym Use Graduate Card". This card will permit teens to use the weight room without a parent or guardian's supervision.

**Weight Room Attire:** All weight room users must wear appropriate attire. This includes closed toe shoes (runners), shorts or track/sweat pants (no jeans).



### Beban Park Weight Room - **Spring and Summer**

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Hours (Mar 31-Jun 22)</b>	8 am-4 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	6:30 am-7 pm	8:30 am-4 pm
<b>Hours (Jul 22-Sep 1)</b>	6 am-8 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-9 pm	6 am-8 pm	9 am-8 pm

Schedule is subject to change. The Beban Weight Room is closed on all statutory holidays.

**PLEASE NOTE:** Schedule is subject to change.

For up-to-date schedules, visit [recreation.nanaimo.ca](http://recreation.nanaimo.ca)

 We have a variety of equipment for diverse abilities clients at Nanaimo Aquatic Centre!

- Nustep Bike - easy access for wheelchairs
- Active Passive Trainer
- Cybex Total Access - strength and cardio machines



cityofnanaimo



prc\_nanaimo (#ilovemyparksandrec)