

# Henderson Weightroom Hours

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop-in	6:00-8:00am and 9:30am-9:00pm	6:00am-12:00pm and 1:30-5:15pm and 6:45-9:00pm	6:00-8:00am and 9:30am-9:00pm	6:00am-12:00pm and 1:30-5:15pm and 6:45-9:00pm	6:00am-8:00pm	8:00am-8:00pm	8:00am-8:00pm
Attendant Available	9:30am-12:00pm and 7:00-9:00pm	9:00am-12:00pm and 7:00-9:00pm	9:30am-12:00pm and 7:00-9:00pm	9:00am-12:00pm and 7:00-9:00pm	9:30am-12:00pm	9:00am-12:00pm	

NOTE: STATUTORY HOLIDAY HOURS ARE SUBJECT TO CHANGE.

## The Weightroom at Henderson Recreation Centre

Located right across from reception in Henderson Recreation Centre, the Weightroom has full windows on two sides of the room, with views of the gardens in front of the building and the golf course.

Patrons must be 15 years and older to use the Weightroom. Youth 13 and 14 years may use the Weightroom after completion of the Regional Youth Fitness Orientation. Youth are required to bring their Fitness Exemption pass when accessing the Weightroom.

### HENDERSON RECREATION CENTRE

2291 Cedar Hill X Road | 250-370-7200  
recreation.oakbay.ca

