

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 1:30-9:00pm	6:00-8:00am and 9:30am-9:00pm	6:00am-12:00pm and 1:30-9:00pm	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.

Please note that a drop-in Circuit class runs on Tuesdays and Thursdays from 5:30 to 6:30 p.m. Some equipment will be reserved for the participants of the class during this time. Music and a beeper will be playing in the weight room.

The Weightroom at Henderson Recreation Centre

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

The minimum age to drop in at Oak Bay Parks, Recreation and Culture (OBPRC) Weightrooms will be 16 yrs. Those aged 13-15 yrs. may register for a Regional Youth Weightroom Orientation. Upon successful completion, orientation participants will receive a Youth Fitness Exemption card which must be presented at time of entry, permitting youth 13-15 yrs. access to OBPRC Weightrooms either during staff-attended times or when accompanied by an adult 19 yrs. or older.