

Open Gymnasium Schedule

Day	Time	Room
MON	5:00 - 9:00 am	Gym
	11:30 am - 5:00 pm	Gym 1
	5:00 - 9:45 pm	Gym
TUES	5:00 - 9:00 am	Gym
	12:00 - 2:00 pm	Gym 1
	3:00 - 7:00 pm	Gym 1
	7:00 - 9:45 pm	Gym
WED	5:00 - 9:00 am	Gym
	11:30 am - 4:30 pm	Gym 1
	5:30 - 9:45 pm	Gym
THURS	5:00 - 9:00 am	Gym
	12:00 - 1:00 pm	Gym 1
	5:00 - 6:00 pm	Gym 2
	8:00 - 9:45 pm	Gym
FRI	5:00 - 9:00 am	Gym
	12:00 - 5:00 pm	Gym 1
	5:00 - 8:45 pm	Gym
SAT	6:00 - 9:00 am	Gym
	9:00 - 11:00 am	Gym 2
	11:00 am - 12:00 pm	Gym
	4:00 - 8:45 pm	Gym
SUN	6:00 - 9:00 am	Gym
	12:00 - 1:30 pm	Gym 1
	1:30 - 8:45 pm	Gym



Orientations**

In this complimentary orientation, members will meet with a YMCA Fitness Staff to start them on a basic exercise routine involving cardio and strength machines. Teen members will also be taught proper etiquette and basic training principles to build healthy habits. Note: Teens ages 12-15 must complete an orientation prior to accessing the conditioning centre.

Register at the Membership Sales & Service Coast 101.1 Welcome Desk.

Open Gymnasium

Drop in, shoot some hoops or kick around a soccer ball. Supervision guidelines for children under age 12 apply (see page 2).

Personal Training**

Hourly or package training sessions are available for individuals or groups. Sport specific programs are also available.

1 Hour Personal Training	\$40
6 Hour Personal Training	\$204 (15% savings)
12 Hour Personal Training	\$360 (25% savings)
1 Hour Group Rate (max 3 members)	\$60
6 Hour Group Rate (max 3 members)	\$306 (15% savings)
12 Hour Group Rate (max 3 members)	\$540 (15% savings)

** Please register at the Membership Sales & Service Coast 101.1 Welcome Desk.

Do you want to become a volunteer?

Volunteers play an important role in our YMCA! If you would like to become part of our team of volunteers please inquire at the Membership Sales & Service Coast 101.1 Welcome Desk or visit our website for more details.



Please wear indoor footwear in program spaces.