

## Henderson Weightroom Hours

Henderson Weightroom is **CLOSED** Mondays and Wednesdays from 8:00-9:30am and Tuesdays and Thursdays from 12:00-1:30pm for registered Circuit classes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weightroom Drop-in Times	6:00am-8:00am and 9:30am-9:00pm	6:00am-12:00pm and 1:30-9:00pm	6:00am-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 (subject to change)	9:30am-12:00pm, 1:00pm-3:30pm and 5:30pm-7:30pm	6:30pm-8:30pm	9:30am-12:00pm	6:30pm-8:30pm	8:15am-9:00am and 10:30am-11:00am	9:00am-11:00am	N/A

**NOTE: STATUTORY HOLIDAYS ARE SUBJECT TO CHANGE.**

Please note that a drop-in Circuit class runs on Tuesdays and Thursdays from 5:30-6:30pm and the weightroom remains open. Some equipment will be reserved for the participants of the class during this time. Music and a beeper will be playing in the weightroom.

## 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.

The minimum age to drop in at Oak Bay Parks, Recreation and Culture (OBPRC) Weightrooms is 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 the time of entry, permitting youth 13-15 yrs. access to OBPRC Weightrooms either during staff-attended times (listed above) or when accompanied by an adult 19 yrs. or older.