

Henderson Fitness Centre Hours

Henderson Fitness Centre is **CLOSED** Mondays and Wednesdays from 8:00-9:15am and Tuesdays and Thursdays from 12:00-1:15pm for registered Circuit classes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness Centre Hours	Drop-In 6:00-8:00am	Drop-In 6:00am- 12:00pm	Drop-In 6:00-8:00am	Drop-In 6:00am- 12:00pm	Drop-In 6:00am- 8:00pm	Drop-In 8:00am- 8:00pm	Drop-In 8:00am- 8:00pm
	Closed 8:00-9:15am		Closed 8:00-9:15am				
	Drop-In 9:15am- 9:00pm	Closed 12:00-1:15pm	Drop-In 9:15am- 9:00pm	Closed 12:00-1:15pm			
		Drop-In 1:15-9:00pm		Drop-In 1:15-9:00pm			
Attendant Available (subject to change)	9:30am- 12:00pm, 12:15pm- 3:15pm and 5:30pm- 7:30pm	9:00am- 11:00am and 6:30pm- 8:30pm	9:30am- 12:00pm	9:00am- 11:00am and 6:30pm- 8:30pm	9:00am- 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 5:30-6:30 pm and includes music and a beeper. The Take Heart and Breathe Well program takes place on Mondays and Wednesdays from 1:15-6:15 pm. The Fitness Centre remains open during these classes; however, some equipment will be reserved for program participants.

The Fitness Centre at Henderson Recreation Centre

Located right across from reception in Henderson Recreation Centre, the Fitness Centre 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) Fitness Centre's 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 Fitness Centre either during staff-attended times (listed above) or when accompanied by an adult 19 yrs. or older.