



Esquimalt Parks & Recreation Wellness Centre Schedule

Hours of Operation						
Mon	Tue	Wed	Thurs	Fri	Sat	Sun
5:30am-10:30pm	5:30am-10:30pm	5:30am-10:30pm	5:30am-10:30pm	5:30-8:00pm *Youth Only 8:00-10:30pm	5:30am-10:30pm	5:30am-10:30pm

Interested in weight training? Esquimalt Parks & Recreation offers **FREE** wellness centre orientations. It's a great chance for you to learn how to use our top of the line Technogym strength equipment and Star Trac and Cybex cardio equipment. Book an orientation session with one of our certified attendants and learn some simple tips on how to exercise in a safe and effective manner. Youth orientations include a quiz and require parental consent before participation. Call **250-412-8502** to book your appointment.