



SEPT 7, 2010-JUNE 2011

Fitness Studio Schedule

Fitness Studio at Oak Bay Recreation Centre

- Monday-Friday: 6am- Midnight,
- Saturday & Sunday: 6am- 11pm.

DROP-IN FOR A TOONIE MONDAY-FRIDAY 11pm-Midnight OBRC FITNESS STUDIO

Henderson Recreation Centre Fitness Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop-In 6-8am	Drop-In 6am-Noon	Drop-in 6am-5pm	Drop-In 6am-Noon	Drop-In 6-8am	Drop-In 8am-8pm	Drop-In 8am-8pm
Fitness Circuit * 8:15-9:15am				Total Conditioning Circuit Drop-in 8:15-9:15am		
Drop-In 9:30am-5pm	Full Life Workout * Noon-1pm		Total Conditioning Circuit Drop-in 9:30-10:30am			
	Drop-In 1:15-6pm		Full Life Workout * Noon-1pm	Drop-In 1:15-6pm	Drop-In 10:45am-8pm	* Denotes Registered Session
Total Conditioning Circuit * 5:15-6:15pm	Total Conditioning Circuit * 6:15-7:15pm	Total Conditioning Circuit * 5:15-6:15pm	Total Conditioning Circuit * 6:15-7:15pm	Visit: www.recreation.oakbay.ca		
Drop-In 6:30-9pm	Fitness Circuit 7:30-8:30pm	Drop-In 6:30-9pm	Fitness Circuit 7:30-8:30pm			

**DROP-IN
FOR A TOONIE
FRI, SAT, SUN
4- 8pm
HENDERSON
FITNESS STUDIO**

Teens, 13 -14 years old, must complete the Teen Fitness Orientation program in order to use the Recreation Oak Bay Fitness Studios during attended times

Fitness Staff will ask teens for a student card that shows they are 15 years or older.

ATTENDANT MONITORING IN FITNESS STUDIO

	HENDERSON	OAK BAY
Monday	9:30 am-12:30pm/ 3-5pm/ 7-9 pm	6:15am - 1pm/ 3:30pm-Midnight
Tuesday	9am - noon/ 4 - 6 pm	8 - 11am / 3:30pm - Midnight
Wednesday	9:30 am-12:30pm/ 3-5pm/ 7-9 pm	6:15am - 1pm/ 3:30pm - Midnight
Thursday	8am - noon/ 4 - 6 pm	8 - 11am / 3:30pm - Midnight
Friday	6-8 am/ 10:45 am-12:30 pm	8-11am/3:30-6:30pm/7:30-Midnight
Saturday Sunday	8 am - Noon (Saturday only)	9am - noon / 3 - 6pm / 7:30 - 11pm

BE SURE TO PICK UP YOUR RECREATION OAK BAY PROGRAM GUIDES. AVAILABLE NOW!



**Oak Bay Recreation Centre
1975 Bee Street
250-595-SWIM**

**Henderson Centre
2291 Cedar Hill X Road
250-370-7200**

www.recreation.oakbay.ca