

# WEIGHT ROOM SCHEDULE

Effective July 1 - 31, 2026



For holiday hours and our most current schedule visit [panoramarecreation.ca](https://panoramarecreation.ca) or scan the QR Code.

Schedule subject to change without notice.

15 yrs+ (13 -15 yrs with Regional Weight Room Orientation course).

| MONDAY                           | TUESDAY                          | WEDNESDAY                        | THURSDAY                         | FRIDAY                           | SATURDAY                              | SUNDAY                                |
|----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|---------------------------------------|---------------------------------------|
| @ Panorama Recreation Centre     |                                  |                                  |                                  |                                  |                                       |                                       |
| <b>WEIGHT ROOM</b><br>6AM-9:30PM | <b>WEIGHT ROOM</b><br>6AM-9:30PM | <b>WEIGHT ROOM</b><br>6AM-9:30PM | <b>WEIGHT ROOM</b><br>6AM-9:30PM | <b>WEIGHT ROOM</b><br>6AM-9:30PM | <b>WEIGHT ROOM</b><br>7AM-8:30PM      | <b>WEIGHT ROOM</b><br>7AM-8:30PM      |
| SUPERVISED<br>7-9AM<br>4-9:30PM  | SUPERVISED<br>7-9AM<br>4-9:30PM  | SUPERVISED<br>7-9AM<br>4-9:30PM  | SUPERVISED<br>7-9AM<br>4-9:30PM  | SUPERVISED<br>7-9AM<br>4-9:30PM  | SUPERVISED<br>8AM-12PM<br>4:30-8:30PM | SUPERVISED<br>8AM-12PM<br>4:30-8:30PM |
| @ Greenglade Community Centre    |                                  |                                  |                                  |                                  |                                       |                                       |
| <b>WEIGHT ROOM</b><br>8AM-8PM    | <b>WEIGHT ROOM</b><br>8AM-8PM*   | <b>WEIGHT ROOM</b><br>8AM-7:00PM | <b>WEIGHT ROOM</b><br>8AM-8PM*   | <b>WEIGHT ROOM</b><br>8AM-8PM    | <b>WEIGHT ROOM</b><br>9AM-1PM         | <b>WEIGHT ROOM</b><br>9AM-1PM         |
| SUPERVISED<br>10AM-12PM          | SUPERVISED<br>8-10AM             | SUPERVISED<br>10AM-12PM          | SUPERVISED<br>8-10AM             |                                  |                                       |                                       |

**\*Weight Room closed Tues/Thurs 12-1pm for circuit class.**

|                   |                                                                                                                                                                                                                                                                                                                                                                                                                      |
|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Supervised        | A qualified weight room attendant will be able to assist you with basic equipment set-up and exercise technique.                                                                                                                                                                                                                                                                                                     |
| Personal Training | A personal trainer will assist in developing an individualized workout and movement plan based on your history and specific goals. Our coaches will begin by observing your current movement patterns and look to optimize a routine to move with greater efficiency and function. Visit our website for more details and to download your package. Personal Training packages may also be picked up from reception. |



Scan the QR code to learn more about our facilities, including accessible features.

Despite our best efforts, errors to published information may occur and schedules may change with short notice. In the event of an error or schedule change, the information provided by our receptionists will be deemed accurate. We apologize for any inconvenience.



[panoramarecreation.ca](https://panoramarecreation.ca)



[/panoramarecreation](https://facebook.com/panoramarecreation)



[@panoramarec](https://instagram.com/panoramarec)

2026-06-23

# FITNESS SCHEDULE

Effective July 1-31 2026



For our most current schedule visit [panoramarecreation.ca](https://panoramarecreation.ca) or scan the QR Code.

Schedule subject to change without notice.

12 yrs+



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## @ Panorama Recreation Centre

|                                     |                                |                                    |                             |                                         |                                       |                                       |
|-------------------------------------|--------------------------------|------------------------------------|-----------------------------|-----------------------------------------|---------------------------------------|---------------------------------------|
| <b>CIRCUIT BOOTCAMP</b><br>6-6:45AM | <b>SPIN</b><br>6:15-7AM        | <b>BOOTCAMP</b><br>6-6:45AM        | <b>SPIN</b><br>6:15-7AM     | <b>BOOTCAMP</b><br>6-6:45AM             |                                       |                                       |
| <b>TBC</b><br>9-10AM                | <b>SPIN</b><br>8-8:45AM        | <b>SPIN</b><br>9-9:45AM            | <b>SPIN</b><br>8-8:45AM     | <b>TRX</b><br>9-10AM                    | <b>SPIN</b><br>8:15-9AM               | <b>JAZZERCISE**</b><br>8:15-9:15AM    |
| <b>TRX</b><br>9-10AM                | <b>TBC</b><br>9-10AM           |                                    | <b>TBC</b><br>9-10AM        | <b>PUNCH &amp; POWER</b><br>5:30-6:15PM | <b>SPIN</b><br>9:15-10AM              | <b>POP-UP CLASSES</b><br>9:30-10:30AM |
| <b>SPIN AND STRENGTH</b><br>12- 1PM | <b>TRX</b><br>10:30-11:30AM    | <b>SPIN AND STRENGTH</b><br>12-1PM | <b>TRX</b><br>10:30-11:30AM | <b>SPIN AND STRENGTH</b><br>12-1PM      | <b>JAZZERCISE **</b><br>10:15-11:15AM |                                       |
|                                     |                                | <b>TBC</b><br>1:15-2:15PM          |                             | <b>TBC</b><br>1:15-2:15PM               |                                       |                                       |
| <b>SPIN</b><br>5-5:45PM             | <b>HIIT</b><br>5:30-6:15PM     | <b>SPIN</b><br>5:30-6:15PM         | <b>HIIT</b><br>5:30-6:15PM  |                                         |                                       |                                       |
| <b>HIIT</b><br>6-6:45PM             | <b>TRX EXPRESS</b><br>5:15-6PM | <b>TRX</b><br>6:30-7:30PM          |                             |                                         |                                       |                                       |
| <b>JAZZERCISE **</b><br>7-8PM       |                                | <b>JAZZERCISE **</b><br>7-8PM      |                             |                                         |                                       |                                       |

## @ Greenglade Community Centre

|                                     |                                       |                               |                                       |                               |                                       |  |
|-------------------------------------|---------------------------------------|-------------------------------|---------------------------------------|-------------------------------|---------------------------------------|--|
| <b>Fitness Yoga*</b><br>8-9am       | <b>Moving On Up</b><br>9:15am-10:15am | <b>Fitness Yoga*</b><br>8-9am | <b>Moving On Up</b><br>9:15am-10:15am | <b>Fitness Yoga*</b><br>8-9am | <b>TBC</b><br>9:15-10:15am            |  |
|                                     | <b>Circuit</b><br>12-1pm              |                               | <b>Hatha Yoga</b><br>10:30-11:30am    | <b>TBC</b><br>9:15-10:15am    | <b>Fitness Yoga*</b><br>10:30-11:30am |  |
|                                     |                                       |                               | <b>Circuit</b><br>12-1pm              |                               |                                       |  |
| <b>Outdoor Yoga*</b><br>6:30-7:30pm | <b>Hatha Yoga*</b><br>5:15-6:15pm     | <b>Circuit</b><br>7pm-8pm     | <b>Hatha Yoga*</b><br>5:15-6:15pm     |                               |                                       |  |

\*Hatha & Fitness Yoga-\$14.25 drop-in or swipe of an Active Pass, \*\*Jazzercise-\$15 drop-in

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