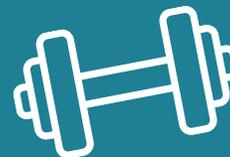


WEIGHT ROOM SCHEDULE

Effective March 1 - 31, 2026



For holiday hours and our most current schedule visit 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						
Weight Room 6am-9:30pm	Weight Room 6am-9:30pm	Weight Room 6am-9:30pm	Weight Room 6am-9:30pm	Weight Room 6am-9:30pm	Weight Room 7am-8:30pm	Weight Room 7am-8:30pm
Supervised 7-9am 4-9:30pm	Supervised 7-9am 4-9:30pm	Supervised 7-9am 4-9:30pm	Supervised 7-9am 4-9:30pm	Supervised 7-9am 4-9:30pm	Supervised 8am-12pm 4:30-8:30pm	Supervised 8am-12pm 4:30-8:30pm
@ Greenglade Community Centre						
Weight Room 8am-8pm	Weight Room 8am-8pm*	Weight Room 8am-7:00pm	Weight Room 8am-8pm*	Weight Room 8am-8pm	Weight Room 9am-3pm	Weight Room 9am-3pm
Supervised 10am-12pm	Supervised 8-10am	Supervised 10am-12pm	Supervised 8-10am			

*Weight Room closed 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.

Oops! 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.



FITNESS SCHEDULE

Effective March 1 - 31, 2026



For holiday hours and our most current schedule visit panoramarecreation.ca or scan the QR Code.
12 yrs+. Schedule subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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@ Panorama Recreation Centre

Circuit Bootcamp 6-6:45am	Spin 6:15-7am	Bootcamp 6-6:45am	Spin 6:15-7am	Bootcamp 6-6:45am		
TBC 9-10am	Spin 8-8:45am	Spin 9-9:45am	Spin 8-8:45am	TRX 9-10am	Spin 8:15-9am	Jazzercise** 8:15-9:15am
TRX 9-10am	TBC 9-10am		TBC 9-10am	Cardio Plus 9:15-10:15am	Spin 9:15-10am	Sports Step 9:30-10:30am
Spin and Strength 12-1pm	TRX 10:30-11:30am	Spin and Strength 12-1pm	TRX 10:30-11:30am	Spin and Strength 12-1pm	Jazzercise ** 10:15-11:15am	
		TBC 1:15-2:15pm		TBC 1:15-2:15pm		
Spin 5-5:45pm	HIIT 5:30-6:15pm	Spin 5:30-6:15pm	HIIT 5:30-6:15pm	Punch & Power 5:15-6:15pm		
HIIT 6-6:45pm		TRX 6:30-7:30pm				
Jazzercise ** 7-8pm		Jazzercise ** 7-8pm				

@ Greenglade Community Centre

Fitness Yoga* 8-9am	Moving On Up 9:15am-10:15am	Fitness Yoga* 8-9am	Moving On Up 9:15am-10:15am	Fitness Yoga* 8-9am	TBC 9:15-10:15am	
	Circuit 12-1pm		Hatha Yoga 11am-12pm Circuit 12-1pm	TBC 9:15-10:15am	Fitness Yoga* 10:30-11:30am	
	Hatha Yoga* 5:15-6:15pm	Circuit 7pm-8pm	Hatha Yoga* 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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