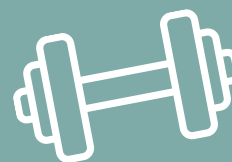


WEIGHT ROOM SCHEDULE

Effective September 1 - 30 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).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
@ Panorama Recreation Centre						
WEIGHT ROOM 7AM-8:30PM	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
SUPERVISED 8AM-12PM 4:30-8:30PM	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
@ Greenglade Community Centre						
WEIGHT ROOM 9AM-3PM	WEIGHT ROOM 8AM-9PM	WEIGHT ROOM 8AM-9PM*	WEIGHT ROOM 8AM-9:00PM*	WEIGHT ROOM 8AM-9PM*	WEIGHT ROOM 8AM-9PM	WEIGHT ROOM 9AM-3PM
	SUPERVISED 10AM-12PM	SUPERVISED 8-10AM	SUPERVISED 10AM-12PM	SUPERVISED 8-10AM		

***Weight Room at GG closed Tues/Thurs 12-1pm & Wed 6.30-7.30pm 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



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2026-08-20

FITNESS SCHEDULE

Effective September 1 - 30 2026



For our most current schedule visit panoramarecreation.ca or scan the QR Code.

Schedule subject to change without notice.

12 yrs+



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

@ Panorama Recreation Centre

	CIRCUIT BOOTCAMP 6-6:45AM	SPIN 6:15-7AM	BOOTCAMP 6-6:45AM	SPIN 6:15-7AM	BOOTCAMP 6-6:45AM	SPORT BOX FITNESS 8:15-9AM
JAZZERCISE** 8:15-9:15AM	TBC 9-10AM	SPIN 8-8:45AM	SPIN 9-9:45AM	SPIN 8-8:45AM	TRX 9-10AM	SPIN 8:15-9AM
SPORTS STEP 9:30-10:30AM	TRX 9-10AM	TBC 9-10AM		TBC 9-10AM	CARDIO PLUS 9:15-10:15AM	SPIN 9:15-10AM
SUNDAY STRETCH 11-12PM	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
		SPORT BOX FITNESS 1-1:45PM	TBC 1:15-2:15PM	SPORT BOX FITNESS 1-1:45PM	TBC 1:15-2:15PM	
	SPIN 5-5:45PM	TRX EXPRESS 5:15-6PM	SPIN 5:30-6:15PM	HIIT 5:30-6:15PM	Punch & Power 5:15-6:15pm	
	HIIT 6-6:45PM	HIIT 5:30-6:15PM	TRX 6:30-7:30PM			
	JAZZERCISE ** 7-8PM		JAZZERCISE ** 7-8PM			

@ GREENGLADE COMMUNITY CENTRE

	FITNESS YOGA* 8-9AM	MOVIN' ON UP 9:15AM-10:15AM	FITNESS YOGA* 8-9AM	LETS GET MOVIN' 9:15AM-10:15AM	FITNESS YOGA* 8-9AM	TBC 9:15-10:15AM
				HATHA YOGA* 10:30-11:30AM	TBC 9:15-10:15AM	FITNESS YOGA* 10:30-11:30AM
		CIRCUIT 12-1PM		CIRCUIT 12-1PM		
		HATHA YOGA* 5:15-6:15PM	CIRCUIT 6:30-7:30PM	HATHA YOGA* 5:15-6:15PM		

*Hatha & Fitness Yoga-\$16.00 drop-in or swipe of an Active Pass, **Jazzercise-\$15 drop-in

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2026-08-20