

WEIGHT ROOM SCHEDULE

Effective September 2 - 30, 2025



Holiday Hours: 7am-5pm (Sep 1, Sep 30)

For 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-6:45pm	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.