



SPRING 2026

# Weight Room Schedule (Effective April 1-June 30, 2026)

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Facility hours</b> Includes all cardio and weight room spaces Last entry ½ hr before close	5:30 a.m.–9 p.m.	5:30 a.m.–9 p.m.	5:30 a.m.–9 p.m.	5:30 a.m.–9 p.m.	5:30 a.m.–9 p.m.	8:30 a.m.–6 p.m.	8:30 a.m.–6 p.m.
<b>Fitness Attendant Duty Hours</b> Schedule dependant on staff availability	7–10 a.m. 4:30–7:30 p.m.	8:30–10:30 a.m. 4:30–7:30 p.m.	7–10 a.m. 4:30–7:30 p.m.	8:30–10:30 a.m. 4:30–7:30 p.m.	4–7 p.m.	1:30–4:30 p.m.	
<b>Weight Room</b> Squat Rack • Power Bench • Cable Crossover • Free Weights • Technogym Upper/Lower Weight Machines • Back Extension • Preacher Curl							
<b>Classes in the Weight Room</b>	<b>Active Age Intro to Circuit</b> 11 a.m.–12 p.m.				<b>Active Age Intro to Circuit</b> 12:45–1:45 p.m.		
<b>Fit Pit</b> Smith Machine • Half Squat Rack • Cable Crossover • Low Row • Lat Pulldown • Pec/Rear Delt Fly • Leg Press • Spin Bike							
<b>Classes in the Fit Pit</b>		<b>Small Group Personal Training</b> 7–8:30 a.m. 12–12:45 p.m. 5:15–6:15 p.m.		<b>Small Group Personal Training</b> 7–8:30 a.m. 12–12:45 p.m. 5:15–6:15 p.m.			
<b>Loft</b> Free Weights • Kettlebells • Bosis • Steps • Medicine & Stability Balls • Mats							
<b>Drop-in Classes in Loft</b>	See Drop-In Fitness Classes schedule for Fitness Loft availability						
<b>Cardio Areas</b> 4 Ellipticals • 10 Spin Bikes • 4 Treadmills • 2 Steppers • 2 Rowers • 2 Upright Bikes • 2 Recumbent Bikes • Assault Air Runner Treadmill Accessible Cardio Machines: Kaiser Recumbent Stepper • SCIFIT Total Body Recumbent • Krankcycle							

**Youth aged 13–15 years can access the facility when any of the following apply:**

- A fitness attendant is on duty (SEE SCHEDULE ABOVE)
- Accompanied by a responsible adult
- The youth has completed a fitness orientation and can show proof of completion

**All fitness spaces are scent free zones.**  
Avoid using perfumes and scented products.

**Wear clean athletic shoes and clean dry athletic clothing.** No sandals, crotch type shoes, or bare feet permitted.



**LEARN MORE AND REGISTER:**  
victoria.ca/crystalpool  
250.361.0732

**FACILITY HOLIDAY CLOSURES:**

April 3 - Good Friday  
April 6 - Easter Monday  
May 18 - Victoria Day

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