



WINTER 2026

# Weight Room Drop-in Schedule

(Effective December 29, 2025-March 31, 2026)

|   | MON  | TUE  | WED                   | THU  | FRI   | SAT              | SUN              |
|---|--|--|-----------------------|--|---|------------------|------------------|
| <b>Facility hours</b><br>Includes all cardio and weight room spaces<br>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><br>Schedule dependant on staff availability   | 7–10 a.m.<br>5–8 p.m.  | 8:30–10:30 a.m.<br>5–8 p.m.  | 7–10 a.m.<br>5–8 p.m. | 8–11 a.m.<br>5–8 p.m.  | 4–7 p.m.  | 1:30–4:30 p.m.   |                  |
| <b>Weight Room</b><br>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><br>11 a.m.–12 p.m.              |  |                       |  | <b>Active Age Intro to Circuit</b><br>12:45–1:45 p.m. |                  |                  |
| <b>Fit Pit</b><br>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><br>7–8:30 a.m.<br>12–12:45 p.m.<br>5:15–6:15 p.m. |                       | <b>Small Group Personal Training</b><br>7–8:30 a.m.<br>12–12:45 p.m.<br>5:15–6:15 p.m. |   |                  |                  |
| <b>Loft</b><br>Free Weights • Kettlebells • Bosus • 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><br>4 Ellipticals • 10 Spin Bikes • 4 Treadmills • 2 Steppers • 2 Rowers • 2 Upright Bikes • 2 Recumbent Bikes • Assault Air Runner Treadmill<br>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, crock type shoes, or bare feet permitted.



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[victoria.ca/crystalpool](https://victoria.ca/crystalpool)  
 250.361.0732

**STATUTORY HOLIDAY CLOSURES:**  
 February 16 - Family Day

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