



WINTER 2026

Weight Room Drop-in Schedule

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

	MON	TUE	WED	THU	FRI	SAT	SUN							
Facility hours 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.							
Fitness Attendant Duty Hours Schedule dependant on staff availability	7–10 a.m. 5–8 p.m.	8:30–10:30 a.m. 5–8 p.m.	7–10 a.m. 5–8 p.m.	8–11 a.m. 5–8 p.m.	4–7 p.m.	1:30–4:30 p.m.								
Weight Room														
Squat Rack • Power Bench • Cable Crossover • Free Weights • Technogym Upper/Lower Weight Machines • Back Extension • Preacher Curl														
Classes in the Weight Room	Active Age Intro to Circuit 11 a.m.–12 p.m.				Active Age Intro to Circuit 12:45–1:45 p.m.									
Fit Pit														
Smith Machine • Half Squat Rack • Cable Crossover • Low Row • Lat Pulldown • Pec/Rear Delt Fly • Leg Press • Spin Bike														
Classes in the Fit Pit		Small Group Personal Training 7–8:30 a.m. 12–12:45 p.m. 5:15–6:15 p.m.		Small Group Personal Training 7–8:30 a.m. 12–12:45 p.m. 5:15–6:15 p.m.										
Loft														
Free Weights • Kettlebells • Bosus • Steps • Medicine & Stability Balls • Mats														
Drop-in Classes in Loft	See Drop-In Fitness Classes schedule for Fitness Loft availability													
Cardio Areas														
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, crock type shoes, or bare feet permitted.



LEARN MORE AND REGISTER:
victoria.ca/crystalpool
250.361.0732

STATUTORY HOLIDAY CLOSURES:
February 16 - Family Day

WINTER
2026