

# WELLNESS GYM

LEVEL 4 ADMINISTRATION BUILDING

For safety purposes, staff are required to complete an orientation. Email [wellness@waypointcentre.ca](mailto:wellness@waypointcentre.ca) or call ext. 2102 to book your orientation.

| MONDAY                                                                                                        | TUESDAY                                                                                                       | WEDNESDAY                                                                                                     | RULES OF USE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>6:00AM-8:30AM</b></p> <p><b>11:30-1:00PM</b><br/>BADMINTON &amp; OPEN GYM</p> <p><b>4:00-7:00PM</b></p> | <p><b>6:00AM-8:30AM</b></p> <p><b>11:30-1:00PM</b><br/>BADMINTON &amp; OPEN GYM</p> <p><b>4:00-7:00PM</b></p> | <p><b>6:00AM-8:30AM</b></p> <p><b>11:30-1:00PM</b><br/>BADMINTON &amp; OPEN GYM</p> <p><b>4:00-7:00PM</b></p> | <ul style="list-style-type: none"><li> Please respect the equipment &amp; ensure that you DO NOT BANG the weights down.</li><li> Please wipe off the equipment, after you have used it.</li><li> Report equipment that is not in good working order to Wellness.</li><li> Equipment may not be removed from the workout area.</li><li> Make sure to sign in and out using binder located in the gym.</li><li> You must call security upon arrival and departure of gymnasium.</li><li> Proper clothing &amp; athletic shoes must be worn.</li><li> Orientation must be completed before using the gym.</li></ul> |
| THURSDAY                                                                                                      | FRIDAY                                                                                                        | SATURDAY & SUNDAY                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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