

WELLNESS GYM

Level 4 Regional Gym in the Admin Bldg

For safety purposes, wellness requires staff to participate in an orientation.

Email wellness@waypointcentre.ca to book your orientation.

MONDAY

6:00am-8:30am

11:30am- 1:00pm

Badminton & Open Gym

4:00pm-9:00pm

TUESDAY

6:00am-8:30am

11:30am- 1:00pm

Badminton & Open Gym

4:00pm-9:00pm

WEDNESDAY

6:00am-8:30am

11:30am- 1:00pm

Badminton & Open Gym

4:00pm-9:00pm

PLEASE BE CONSIDERATE

Put away and wipe down weights after use.

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Keep workout area clear

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Do not work out between people using benches in dumbbell area

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Proper clothing & athletic shoes must be worn

THURSDAY

6:00am-8:30am

11:30am- 1:00pm

Badminton & Open Gym

4:00pm-9:00pm

FRIDAY

6:00am-8:30am

11:30am- 1:00pm

Badminton & Open Gym

4:00pm-9:00pm

SATURDAY & SUNDAY

6:00am-9:00pm

RULES OF USE

1. Access to the area is provided by your R1 Key
2. Please respect the equipment & ensure that you DO NOT BANG the weights on the equipment
3. Please wipe off the equipment, after you have used it, with the cavi wipes provided.
4. Report equipment that is not working properly on the posted report form.
5. Equipment may not be removed from the workout area.
6. Make sure to sign in and out using binder located in the gym.