

# Gymnasium, Sports & Games

## Gymnasium, Sports & Games Schedule

If you have pre-registered and cannot attend, please call to cancel your booking and a credit will be put on your account. This frees up the space for someone else to join. Please note that 24 hours notice is required to receive a credit on your account.



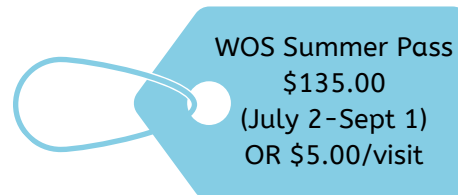
## Other Options To Consider

### Workout Studio

The Workout Studio is open to ages 16+ years and is \$5.00/visit. There are 60 minute sessions available. The workout studio has a variety of equipment such as treadmills, bikes, recumbent climbers, weights, and more. Youth, ages 13-15, can attend with a parent/guardian or to attend alone, must take two orientations sessions for \$4.00/visit.

Try our Workout Studio Summer Session Pass for \$135.00 (tax included).

Workout unlimited times between July 2 - Sept 1.



### Personal Training

Personal Training is a one to one session with you and a personal trainer who will personalize a workout to your needs, abilities, skills, and knowledge. Availability is limited and is based on each instructor's schedules and availability.

Private (1:1) and semi-private (1:2 or 1:3) sessions are available. Pricing ranges from \$26.00-\$51.00 for private or \$15.00-\$26.00 per person for semi-private.

You must book one hour for your first visit so the trainer can go through your goals and build a program that best suits your needs. We want you to succeed!

## Workout Studio Summer Hours

June 18-September 1

WOS Closed July 1, August 3-5, August 31-September 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am	8:00-9:00am	8:00-9:00am	8:00-9:00am			
11:00-12:00pm	11:00-12:00pm	11:00-12:00pm	11:00-12:00pm	8:00-9:00am		
12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	11:00-12:00pm		
1:00-2:00pm	1:00-2:00pm	1:00-2:00pm	1:00-2:00pm	12:00-1:00pm		
2:00-3:00pm	2:00-3:00pm	2:00-3:00pm	2:00-3:00pm	1:00-2:00pm	9:00-10:00am	9:00-10:00am
3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	2:00-3:00pm	10:00-11:00am	10:00-11:00am
4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	3:00-4:00pm	11:00-12:00pm	11:00-12:00pm
5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	4:00-5:00pm		
6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm			

**Pre-registration is required, even for those with a session pass.**

