

Fitness Programs

Gymnasium Schedule

April 2 - June 30, 2017

(Closed Apr. 14, 17 & May 22) Schedule is subject to change. Call Riverlodge at 250-632-8970 to confirm times.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30 - 9:30 am Badminton	9 - 11 am Seniors Pickleball		9 - 11 am Seniors Pickleball	8:30 - 9:30 am Badminton	
2 - 5:30 pm Open Gym	10:30 am - 12:30 pm Parent & Tot Ride 'Em Time***		1 - 2:30 pm Parent & Tot Open Gym	11:15 am - 1:15 pm Parent & Tot Open Gym	10:30 am - 12:30 pm Parent & Tot Ride 'Em Time	
		1:30 - 3:30 pm Senior Carpet Bowling	3 - 5 pm Open Gym	1:30 - 3:30 pm Senior Carpet Bowling	1 - 6 pm Open Gym	
5:30 - 7:30 pm Flag Football**						6 - 9:30 pm Open Gym
7:30 - 9:30 pm Everyone Badminton		7:30 - 9:30 pm Adult Badminton	6:30 - 9:30 pm Co-ed Indoor Soccer* Until May 13	7:30 - 9:30 pm Adult Badminton	6:30 - 9:30 pm Co-ed Indoor Soccer* Until May 13	

*Must register for these programs, no drop-ins. **Will move to soccer field weather dependant.

***No motorized ride 'em toys permitted in building.

Spring Weight & Cardio Room Hours*

April 2 - June 30, 2017

(Closed Apr. 14, 17 & May 22) Schedule is subject to change. Call Riverlodge at 250-632-8970 to confirm times.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 am - 9:30 pm	6 am - 9:30 pm	6 am - 9:30 pm	6 am - 9:30 pm	6 am - 9:30 pm	6 am - 9:30 pm	8:30 am - 9:30 pm

*These rooms are open to those 16 years or older. Youth 13 to 15 years must be accompanied by an adult 19 years or older.

Summer Weight & Cardio Room Hours*

July 2 - September 3, 2017

(Closed Jul. 1, Aug. 7, Sept. 4) *Climbing Wall Closed May 29 - Aug. 21*

Schedule is subject to change. Call Riverlodge at 250-632-8970 to confirm times.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
**8:30 am - 9:30 pm	6 am - 9:30 pm	6 am - 9:30 pm	6 am - 9:30 pm	6 am - 9:30 pm	6 am - 9:30 pm	8:30 am - 9:30 pm

*These rooms are open to those 16 years or older. Youth 13 to 15 years must be accompanied by an adult 19 years or older.

**July and August Only

Yes! We accept the following payment options:

