



KITIMAT
A Marvel of Nature and Industry

CHANGES TO INDOOR EXERCISE PROTOCOL

April 8, 2021 – In accordance with province-wide restrictions, the following protocols are now in effect in our recreation and leisure facilities:

- Masks must be worn at all times including while exercising indoors (the pool is exempt from this requirement).
- All fitness sessions must be booked in advance (including weight room, cardio room, gymnasium, open gym, parent and tot open gym, rock wall, pottery, and swimming).
- All indoor group fitness classes have been suspended (excluding aquafit).

Additionally, patrons are encouraged to change and shower at home.

Bookings are accepted up to 48 hours in advance by calling 250-632-8970 (Riverlodge) or 250-632-8955 (Tमितik).