

How far ahead can I reserve time at the fitness centre or walking track?

Members may book a session up to 5 days in advance and non- members 2 days in advance of the date and time you are reserving. For example, you if you would like to reserve Monday, August 24 at 7 pm you can go online on Wednesday, August 19 at 7 pm and reserve your spot.

What should I do if I cannot make my reserved time?

If you cannot attend a session that you have reserved please call 705.435.4030 ext.1500/1621 and leave your name, phone number and the date of your reservation to allow others to attend in your absence.

Can I book back to back sessions to have more time in the gym?

To provide an opportunity for all our members to enjoy a work-out we ask that you refrain from booking back to back appointments.

What can I expect to see when I arrive for my reserved time?

1. Sanitization stations to be used as you enter the facility.
2. Reminders to secure your facial covering while moving about, entering, and exiting the facility. While working out If you are physically exerting yourself your mask may be removed while ensuring you maintain 2 metres or 6 feet from other persons.
3. You will be asked to check in at customer service to indicate your arrival for your reserved time. Sessions are booked every 55 minutes. At the 55-minute mark, the fitness centre and track will be cleared to prepare for the next group to attend. We ask that you remain aware of your timing to allow all members an opportunity to attend for their full 55 minutes.
4. In addition to regular cleaning throughout the day each facility will be closed daily for one hour to undergo a deep clean and sanitization of high touch areas.

Are the change rooms and showers open?

Change rooms are open however showers are closed. We recommend that you arrive dressed for your work out except for your indoor footwear to maximize your 55 minutes in the centre.