



FITNESS SCHEDULE August 11th - Sept 11th

Being held in the Civic Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
	Aerobics 9:30-10:15	Aerobics 9:30-10:15	Aerobics 9:30-10:15	Aerobics 9:30-10:15	Aerobics 9:30-10:15	

Drop In Admissions

Youth (13-18)	\$4.10
Adult (19-59)	\$5.40
Senior (60+)	\$3.40

Punch Cards (11 Admissions)

\$41.10
\$54.05
\$33.85

Port Hardy Recreation Center is opening its doors with new protocols in place to ensure physical distancing among patrons and staff along with required equipment sanitizing protocols.

Under the guided recommendations of Public Health, WorkSafe BC and the BC Recreation and Parks Association we are welcoming the public to join us for workout sessions by **pre-registration only**.

Each workout session is 45 minutes with a maximum of 12 people. **To register call Port Hardy Recreation** at 949-6686, please leave a message if not answered.

When arriving at the PHRC, staff will be asking patrons a few pre-screening questions to check for COVID-19 related symptoms, such as runny nose, sneezing, cough, sore throat, fever and difficulty breathing. The PHRC staff have missed you but if unwell please stay home.

Wearing a mask is not required however we encourage everyone to limit touching their face as much as possible. We also ask that you bring your own towel / cloth to wipe your face. Please come dressed and ready for the session.

Once your workout session is completed, we asked that you promptly exit the facility so staff can complete a thorough 30-minute-deep clean of the equipment prior to the next workout session beginning.

To ensure physical distancing the equipment will be pre set and we ask that it is are not moved.