

Port Hardy Recreation

Spring Fitness Schedule Effective till June 2021



Rhythm and Reach Fridays starting April 9th

Aerobics Admission Fees

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

Punch cards and monthly passes available for purchase. Contact us for rates.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobics						
		Low Impact 9:30 am - 10:15 am		Low Impact 9:30 am - 10:15 am	Rhythm & Reach 9:30 am - 10:15 am	

Pool closed April 2nd & 5th, May 24th for statutory holidays

Register in advance for programs by calling 250.949.6686

Aquafit Admission Fees

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

Punch cards and monthly passes available for purchase. Contact us for rates.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aquafit						
	10:45 am - 11:30 am		10:45 am - 11:30 am		10:45 am - 11:30 am	
	7:00 pm - 7:45 pm		7:00 pm - 7:45 pm			

COVID-19 Protocols in effect for all programs

Each workout session is 45 minutes with a maximum of 15 people. To register, please call 250.949.6686; if no answer, leave a message. You can also email at melinda@porthardy.ca.

When arriving, staff will ask patrons a few pre-screening questions to check for COVID-19 related symptoms, such as runny nose, sneezing, coughing, sore throat, fever and difficulty breathing. If you have any of these symptoms or feeling unwell, please stay home.

Wearing a mask is mandatory while entering and exiting the facility; once in your workout space it may be removed. 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. To ensure physical distancing the equipment will be preset and we ask that it is not moved.

