

Weight Room



The Greenboro weight room is operated by the Greenboro Community Association and is not part of the City of Ottawa Wide Fitness Membership. If you have not been physically active on a regular basis, please consult your physician before participating in any physical activity.

Please see page 6 for Detailed Registration Information

Weight Room Hours

Family Day, February 20, 2012
Easter Monday, April 9, 2012
6:00 - 11:45am

CLOSED

New Years Day, January 1st, 2012
Good Friday, April 6, 2012
Easter Sunday, April 8, 2012

Members Winter Hours of Operation

Mon - Fri 6:00 am - 9:00 pm
Sat & Sun 8:00 am - 6:00 pm

Supervised Hours*

Please see schedule posted
in Weight Room.

*Supervised hours subject to change.

Minimum 16 years of age.

- No infants or children are allowed in the Weight Room
- Weight room membership cards must be worn and visible at all times during your visit to the Weight Room
- Weight room orientation and memberships must be paid in advance.
- Orientations will only be scheduled at time of payment.

Program Explanations

Back to Fitness:

This is available to weight room members who have had an orientation but who have not been actively coming for at least 3 months and think they need a refresher.

Next Step Up:

This program is a gentle progressive step up from the Getting Started Orientation Program. You will receive a refresher on the exercises you are already familiar with plus you will be introduced to some additional exercises to spice things up.

Stability Ball Program

This program is best suited for the member who has been exercising for a minimum of 3 months and who is looking for a program that is a bit more challenging which focuses on the use of the stability ball in their weight lifting program.

Free Weight Dumbbell Program

This program is best suited for the member who has been exercising for a minimum of 3 months and who is looking for a program that is a bit more challenging which focuses on the use of Free Weights/Dumbbells in their weight lifting program.

All of the above programs include a 1 hour training session with a certified trainer but does not include a follow-up session.

New Program: This program is best suited to the member who wants a personalized training program without the commitment to ongoing personal weekly training support and feedback. This program includes a 15-30 min intake session and a 1 hour training session with a certified trainer but does not include a follow-up session

Weight Room Programs

Run Club

Come join us for a run and meet new friends at the Greenboro Community Centre. Our weekly runs are FREE. We meet on Mondays, Wednesdays and Saturdays. We followed the 10 and 1 program outline, so if you are new to running, interested in completing your first 5km, 10km or Half Marathon then we are the group for you.

Boot Camp

Boot Camp fitness is based upon simple yet effective fundamental movement patterns executed at high intensity. The workout will deliver time-tested measurable health and fitness improvements in the most efficient manner possible. Be prepared to work hard.

Teen Power Hour (13-16 years)

Want to feel good, look good and even compete better at the sports you are playing everyday? This boot camp style of training will not only get you feeling good about yourself but it will help to get you off that couch and onto the starting roster of your favorite sports team.



PERSONAL TRAINING SESSIONS

Achieve up to 80% better results three times faster than on your own! Invest in yourself and increase your changes of success with personal training sessions.

- Individual Personal Training Sessions – Tailored to your specific needs.
- Partner Personal Training Session – Chances of success increase further when working out with a partner. Bring a friend, split the cost, spend quality time together, and see healthy results. Both personal training clients must have a valid weight room membership to access this service.



You do not need to be a member of our weight room to take advantage of our personal training services. All you need to do is come into the centre, prepay for your sessions with the non-member rate, submit your request and a trainer will contact you with 48 hours to set up your first session. Access to the gym will only be allowed when you are with your trainer during your session.



IMPORTANT: Only Greenboro Community Centre Personal Training Staff are permitted to conduct personal training sessions in the weight room. A current weight room membership is required to take advantage of personal training at the member rate.