

The Tsawout Recreation Department has now opened "Tsawout Fitness" and is accepting memberships.



Tsawout Fitness equipment includes:

Apex Machines

- Pec Deck
- Leg Press
- Chest Press
- Shoulder Press
- Ab Machine
- Cross-cable machine for lats, biceps and triceps

Additional Equipment

- Treadmill
- Spin, recumbent, and upright bikes
- Step Machine
- Abdominal Training Area
- Free weights including individual weights and curl bars

Weight Room Hours:
Monday - Friday - 8:00 am - 4:00 pm
Unsupervised