



New Weight Room Attendant Service

December 31, 2010- There will be some new faces in the weight rooms at Nanaimo Aquatic Centre and Beban Park in the New Year. Not just those of folks committed to resolutions, but of new weight room attendants. On January 4th the Parks, Recreation and Culture Department will launch a weight room attendant service. The goals of the service are to improve the personal safety of clients and care of the exercise equipment.

The weight room attendants hope to inspire clients to train to their full potential. The on duty attendants will interact with gym users to provide pointers on technique and help develop new workout routines. Clients are encouraged to ask for tips so as to get the most from their workouts.

The supervised weight room schedule is based on gym usage and will vary throughout the year. Current schedules are now available online at www.nanaimo.ca within the public schedules section and printed versions are available at recreation centres. For more information contact the Department at 250 756 5200.

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