

GymWorks Program

GymWorks is one of the most popular programs offered by the network of PacificSport Centres and CSC Pacific. It is a partnership program created between fitness facilities, health clubs and/or community centres across the province and PacificSport and CSC Pacific. This program is available to all athletes registered with PacificSport and/or CSC Pacific and enhances training environments by providing easy local access to training centres.

PacificSport Vancouver Island GymWorks Partners

FACILITY - North Island	HOURS OF AVAILABILITY	SERVICES AVAILABLE with PSVI Card	ADDITIONAL INFO
Campbell River Sportsplex 1800 South Alder Street Campbell River, BC 250.923.7911 Website: campbellriver.ca Wheelchair Accessible	M-F: 6am - 10pm Sa-Su: 8am - 4pm	Cardio, strength training, spinning classes. (Athletes aged 14-15 must have weight training certificate)	Personal Training, Assessments, Program Design, Independent Youth Training for youth weight training alone (aged 14-15), Racquetball.
Strathcona Gardens Recreation Complex 225 South Dogwood St. Campbell River, BC V9W 8C8 Phone: 250-287-9234 ext. 248 Fax: 250-287-3252		All athletes under the age of 16 must undergo an orientation before using the weight room, see front desk for more info. Swimming pool, weight room access and drop-in fitness classes; access does not include Ice Arena	Normal facility/training use
Comox Community Centre 1855 Noel Avenue Comox, BC V9M 2H4 Phone:		PS athletes and coaches free of charge during regular hours of operation. Facilities include: weight and fitness training, and fitness classes.	Specialty fitness classes identified as "pay for use classes" (highlighted in yellow on schedule).
Florence Filberg Centre 411 Anderton Ave. Courtenay, BC 250.338.0303 email: filberg@courtenay.ca website: www.courtenay.ca	contact facility	Strength Training, Cardio, and Fitness	contact facility
Coutenay: Lewis Centre 489 Old Island Hwy. Courtenay, BC 250.338.5371 email: lewis@courtenay.ca	contact facility	Weight and fitness training, fitness classes	contact facility
FACILITY- South Island	HOURS OF AVAILABILITY	SERVICES AVAILABLE with PSVI Card	ADDITIONAL FEE
Valley Health and Fitness #1-1400 Cowichan Bay Road Cobble Hill, BC V0R 1L3 250.743.0511 Email: valleyhealthandfitness@shaw.ca Website: valleyhealthandfitness.ca Wheelchair accessible	M-F: 5:30am - 10pm Sa-Su: 7am - 7pm	Cardio, strength training, fitness classes (excluding *pay-for-use-class). *Access for Coaches	
Cowichan Aquatics Centre 7030 Trans Canada Highway Duncan, BC V9L 3X4 250.746.7665 Email: info@northcowichan.ca Website: northcowichan.bc.ca Wheelchair Accessible	M-F : 6am - 9:30pm Sa: 7:30am - 9:30pm pm Su : 11am-9:30pm	Cardio, Circuit, and Weight Room (strength Training) *Access for Coaches	

FACILITY - Mid Island	HOURS OF AVAILABILITY	SERVICES AVAILABLE with PSVI Card	ADDITIONAL FEE
Town of Ladysmith Frank Jameson Community Centre Box 220 - 810 6th Ave Ladysmith, BC V9G 1A2 250.245.6424 Website: www.ladysmith.com Wheelchair Accessible	M-Th: 6am - 9pm F: 6am - 8pm Sa: 7:30am - 4pm Su: 8am - 12noon	Cardio, Fitness Classes, Swimming Pool, Gymnasium, and Weight Room *Access for Coaches	Specialty classes require registration.
Beban Rec Centre 2300 Bowen Road Nanaimo BC V9T 3K7 Tel: 250.758.5200 Website: nanaimo.ca	M-F: 8:30am - 8:30pm Sa-Su: 10am - 5pm	All athletes under the age of 16 must undergo an orientation before using the weight room, see front desk for more info. Strength Training, Cardio and pool	Ice rink, Specialty classes require registration
Harbour City Fitness #1-1 Terminal Avenue Nanaimo, BC V9R 5R4 250.754.6332 Email: harbourcityfitness@shawbiz.ca Website: harbourcityfitness.com	M-F: 6am - 9pm Sa-Su: 9am - 5pm	Strength Training and Cardio	Tanning, Personal Training
Moksha Yoga and Island Optimal Health & Performance Bowen Rd Location #103 1808 Bowen Rd Nanaimo, BC V9S 5W4	See website	Moksha, Moksha Flow, Moksha Mix, Moksha Level 2, Hot Pilates, Moksha Mild, Yin Yoga, Yang & Yin	50% off classes
Moksha Yoga and Island Optimal Health & Performance Rutherford Rd Location #100 5271 Rutherford Rd Nanaimo, BC V9T 5N9 Email: info@mokshayogananaimo.com Website: mokshayogananaimo.com	See Website	Moksha, Moksha Flow, Moksha Mix, Moksha Level 2, Hot Pilates, Moksha Mild, Yin Yoga, Yang & Yin	50% off classes
Nanaimo Aquatic Centre 2300 Bowen Rd. Nanaimo, BC V9T 3K7 250.756.5200 Website: www.nanaimo.ca Wheelchair Accessible	M-Th : 6am - 9pm F : 6am - 8pm Sa : 7:30am - 4pm Su: 8am - noon	All athletes under the age of 16 must undergo an orientation before using the weight room, see front desk for more info. Strength Training, Cardio and pool	Ice rink, Specialty classes require registration
Vancouver Island University 900 5th Street Nanaimo, BC V9R 5S5 250.753.3245 Website: www.viu.ca Wheelchair Accessible	M-F : 8am - 8pm Sa-Su : See website	Strength Training, Cardio, and Fitness Classes	Reduced rate for squash courts
Ballistic Strength Training Nanaimo 11 Giggleswick PL Nanaimo V9S 2V7 www.ballisticstrengthnanaimo.com	see website	PS athletes and coaches use of facility free of charge during regular hours of operation. Facilities include: weight room access.	Drop-in fitness classes rate at \$12 (30% off) Kettlebell Club Monthly Membership with access to all club practices at \$31.50 (30% off)

FACILITY - Oceanside Region	HOURS OF AVAILABILITY	SERVICES AVAILABLE with PSVI Card	ADDITIONAL FEE
Bodysculptors Fitness Box 39, 225 West 2nd Ave. Qualicum Beach, BC V9K 1S7 250.752-5553 Email: bodysculptors@shaw.ca Website: bodysculptorsfitness.com	M-F : 8am - 8pm Sa-Su : Closed	Strength Training. Cardio, Free Weights, Group Fitness	Personal Training and specialty classes
Jim's Gym 1222 Industrial Way Parksville, BC V9R 5S5 250.248.3144 Email: JimsGym@live.ca Website: www.jimgym.ca	M-F : 6am - 9pm Sa : 8am - 6pm Su : 8am-5pm	Strength Training. Cardio and Free Weights	Personal Training
Oceanside Place Arena 830 West Island Hwy. Parksville, BC V9P 2X4 250.248.3159 Website: rdn.bc.ca	Contact Facility for Hours of Operation	Strength Training, Cardio and pool	Contact Facility for options
Ravensong Aquatic Centre 737 Jones St. Qualicum Beach, BC V9K 1S4 250.752.5014 Website: rdn.bc.ca	Contact Facility for Hours of Operation	Strength Training, Cardio and pool	Contact Facility for options
FACILITY - Alberni Valley	HOURS OF AVAILABILITY	SERVICES AVAILABLE with PSVI Card	ADDITIONAL FEE
Echo Centre 4235 Wallace St. Port Alberni, BC V9Y 3Y6 250.752.5014	Contact Facility for Hours of Operation	Strength Training, Cardio and pool	Contact Facility for options
Alberni Fitness Centre 4795 Gertrude Street Port Alberni, BC V9Y 6K4 250.723.2133 Wheelchair Accessible	M-T : 5:30am - 9pm F : 5:30am-8pm Sa : 9am - 3pm Su : 11am-3pm	Cardio, Strength Training	Speciality classes require registration