

Open Gym drop-in:

\$10 plus gst (3 yrs +; no charge for parents)

Come and check us out!

Our Open Gym drop-in is a great opportunity to check out the gym! Practice your parkour skills, learn from what other people are doing, and make new friends. Please let us know if you are new to the gym and we will provide a brief safety overview. Weight training equipment available for youth and adults.