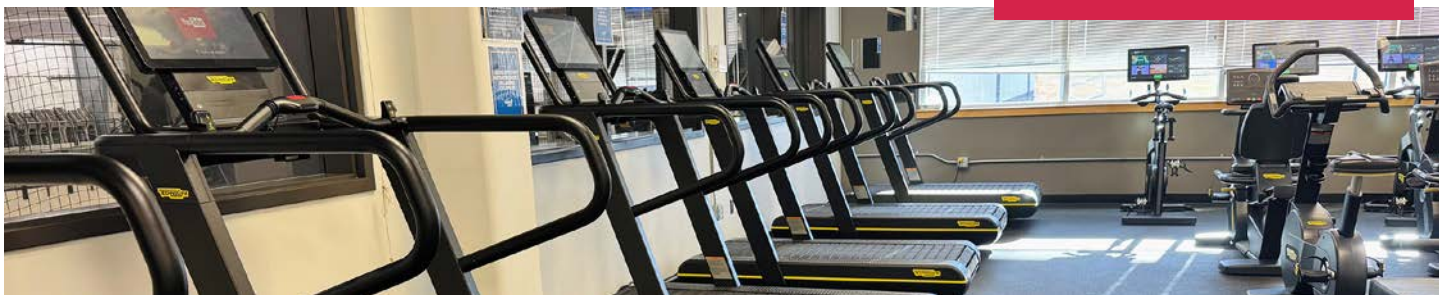


CENOVUS ENERGY

WELLNESS CENTRE

A busy place for all levels of activity, this state-of-the-art fitness centre has much to offer, including cutting-edge cardio equipment by Techno Gym.

CENOVUS ENERGY WELLNESS CENTRE



Whether you're hitting the treadmill, lifting weights, or joining a group fitness class, the Cenovus Energy Wellness Centre has everything you need to stay active and healthy.

LOCATION

Located inside the Cold Lake Energy Centre,
7825 51 Street, Cold Lake.

HOURS OF OPERATION

Monday-Friday: 6:00 am - 10:00 pm
Saturday, Sunday & statutory holidays:
8:00 am - 9:00 pm

AGES

13 and up

FEES & MEMBERSHIPS

Drop-in, punch pass and memberships are available for purchase. Visit

www.coldlake.com/energycentre for current rates. Memberships include:

- Cenovus Energy Wellness Centre
- Group fitness classes
- CNRL Walking/Running Track (free access)
- Reid Field House: badminton, basketball, floor hockey, lacrosse, pickleball, soccer, tennis, volleyball
- Drop-in programs: hockey & skating, pickleball, volleyball, and tennis

AMENITIES

- Change rooms
- Complimentary towels
- Lockers (self-lock & rentals available)
- Showers
- Washrooms
- Water bottle filling station
- Women's only fitness section

FITNESS & TRAINING

Our facility is equipped with top-tier fitness equipment, including:

- Wide selection of Technogym cardio machines – treadmills, stairmasters, ellipticals, and more
- Fully equipped free weights area, including dumbbells (up to 140 lbs) and barbells (up to 110 lbs)
- Large selection of Hammer Strength & Technogym strength-training equipment

FITNESS CLASSES

Instructor-led fitness classes are available, visit www.coldlake.com/energycentre for the current schedule.

WIFI AVAILABLE

MORE INFORMATION

Visit www.coldlake.com or contact the Cold Lake Energy Centre Ph: 780-639-6400.