



Fitness Room

Hours of Operation

DAY	DEPARTMENT	TIMES
Monday	Physiotherapy Recreation - Ellington	10:00 - 10:30am 1:00 - 2:00pm
Tuesday	Physiotherapy Physiotherapy All Residents	10:00 - 10:30am 1:15 - 1:45pm 2:00 - 3:00pm
Wednesday	Physiotherapy All Residents	10:00 - 10:30am 3:00 - 4:00pm
Thursday	Physiotherapy Recreation - Nottingham Physiotherapy Recreation - Ellington	10:00 - 10:30am 11:00 - 12:00pm 1:15 - 1:45pm 3:00 - 4:00pm
Friday	Physiotherapy All Residents	10:00 - 10:30am 2:00 - 3:00pm

Please note that Ellridge Residents and Elliott Community Staff are welcome to use the Fitness Room during times not listed above. For safety reasons, when using the Fitness Room, there must be a minimum of two (2) or more users at all times.