

Fitness Areas

Our weight rooms have all the equipment you need while you are away from home to keep on track with your fitness goals.

We have a variety of cardio equipment, free weights, plates, barbells, kettlebells, Power Racks, Smith Machines, Life Fitness, and Hammer Strength machines,

In our Heavy Lifting Room we offer a deadlift platform, bumper plates, power rack as well as Rouge Echo bikes, Concept 2 rowers and Kettlebells.

We offer women's only area as well.

Need room to stretch out and mobilize? Maybe some space to do some yoga on your own? We offer a stretch and mobility area where you will have the space you need to stay limber. We offer foam rollers, mobility balls, yoga blocks, and straps.

All the fitness areas are open 24/7

Gymnasium

Our full size gymnasium has the capacity to play basketball, floor hockey, and indoor soccer. We have 3 full badminton/Pickleball courts along with all the equipment you will need to play any recreational activities. Click on the gymnasium link for the monthly schedule.

Rec Room

Our Rec room is equipped with two pool tables, a ping-pong table, foosball, air hockey, and our multisport golf simulator. You can book tee times by emailing us at fbrecreation@dextra.com or book in person to the rec office. The rec room also offers a relaxing place to unwind in our leather chairs while watching our many HD TV's

Village Theater

We offer a space where you are able to watch movies, sports, and monthly UFC events on the big screen. We have plenty of comfortable leather chairs to make you experience more enjoyable. Click on the Village Theater link to view the monthly theater schedule.

Fitness Class

We offer a nightly fitness class. Classes start at 7:15pm and 7:45pm. No need to sign up, just stop in and get your workout in. Click on the [Fitness Classes](#) link for class descriptions and monthly schedule.

- Spin & CORE
- Stretch and mobility
- Spin
- Functional Bootcamp
- Kettle Bell Express
- CORE Express
- Yoga