



# INDOOR TRAINING OPPORTUNITIES FOR TEAMS



## **BILL WARREN TRAINING CENTRE (BWTC)**

BWTC is located in the Canmore Nordic Centre, and their fitness facility includes 75 pieces of strength training and cardiovascular machines and equipment, spin bikes, & TRX suspension training. World Cup athletes have free admission but need to fill out a waiver form before accessing the gym.

Hours of operation: Mon - Sat 07:00 - 20:00, Sunday closed.

## **COAST HOTEL - GYM & SWIMMING POOL**

Teams staying at the COAST Hotel can use their fitness center (basic supply of equipment) and indoor pool and hot tub (outside access in adjacent building).

## **ATHLETIC EVOLUTION CANMORE**

Athletic Evolution is located close to Windtower/Mystic/Fire Mountain (Address: 180 Kananaskis Way). This gym is equipped with a variety of cardio/weights training. World Cup athletes have free admission by showing their accreditation but need to fill out a waiver form before accessing the gym.

Hours of Operation: Mon - Thu: 09:00 - 19:00, Fri: 09:00 - 17:00, Sat & Sun closed.

## **ELEVATION PLACE**

The OC has purchased a limited number of day-passes for athletes interested in using the public facilities at Elevation Place (Address: 100-700 Railway Avenue). The day passes must be picked up at the accreditation centre. Everyone must fill out a waiver form before accessing all their facilities. The waiver form can be filled out electronically or in person:

<https://waiver.smartwaiver.com/w/55d3a846e073a/kiosk/>

Hours of operation: 09:00 - 21:00.

