



ALC Sites

Unless otherwise noted, sites are open to members 24 hours a day. Please remember that sites are not supervised, and you are encouraged to work out with a buddy.

Restricted access sites are only accessible to employees who work at that specific location.

Site	Address	Notes
Bayview	185 Slidell Street (formerly 7 Bayview))	
Ben Franklin Place	101 Centrepointe Drive	
Britannia	2731 Cassels Street	Restricted Access
Carleton Lodge	55 Lodge Road	Restricted Access
Catherine Street	370 Catherine Street	Hours: 5:30 a.m. to 11 p.m. Mon -Sun Classes offered – pre COVID
Centre d'Accueil Champlain	275 Perrier Avenue	Restricted Access
Centrum Blvd	255 Centrum Blvd.	
Clyde Ave	951 Clyde Avenue	Restricted Access due to COVID
Constellation	100 Constellation Drive	Classes offered – pre COVID
Garry Armstrong	200 Island Lodge Road	Restricted Access
Industrial Ave	735 Industrial Avenue	
Laurier Ave W	110 Laurier Avenue West – P1 Level	Classes offered – pre COVID
Lemieux Island	1 Ottawa River Parkway	Restricted Access
Loretta Ave N	175 Loretta Avenue N.	
ROPEC	655 Shefford Road	Classes offered – pre COVID
Swansea	2799 Swansea Crescent	Restricted Access due to COVID
Tallwood Drive	100 Tallwood Drive, 2nd floor	Restricted Access Hours: 7 a.m. to 5 p.m., Mon – Fri