



☎ 250-475-7600

Saanich Commonwealth Place - Weight Room Schedule

Effective January 2 – June 30, 2012

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hours of Operation	5:30am-10:00pm					8:00am-8:30pm	8:00am-8:30pm No showers available until 10:00am
Orientation 13yrs+			4:30-6:00pm				12:30pm-2:00pm
Supervisor on Duty	8:00-10:00am 4:00-10:00pm	8:00-11:00am 4:00-10:00pm	8:00-10:00am 4:00-10:00pm	8:00-11:00am 4:00-10:00pm	8:00-10:00am 4:00-10:00pm	12:00pm-2:00pm	12:00pm-2:00pm

Notes & Additional Information
Please note on Sundays:
Weightroom opens at 8:00am but showers and changerooms are not available until 10:00am when the rest of the facility opens.

Childminding: (for infants to 10 yrs) Available Monday – Friday 8:45-11:30am, \$5 per child per hour or purchase a pass, 10 hours for \$41, 25 hours \$97

Statutory Holidays: **April 6** open 10:00am-4:00pm, **April 8** open 10:00am-4:00pm, **April 9** open 10:00am-8:30pm, **May 21** open 10:00am-4:00pm

Orientation: Call 250-475-7630 to book appointment, cost is \$15 + tax. Designed to familiarize you with our facility and to give you an orientation to the basics of strength training. Safe use of fitness equipment is important to us. An orientation is recommended before using the weight room.

Weightroom Policy: Our weight rooms are available for use by persons 16 years and older. Teens 13-15 years must complete an orientation.
NEW Teens with an orientation are now welcome in our weightroom at all times.

Personal Training

Our instructors will design a training program specific to your needs or revamp an existing program. If you feel stuck in a workout rut, or need some motivation to stick to your program, this is the service for you. Prices do not include HST. There is a 24 hour cancellation policy, less than 24 hours will result in a non refundable loss of your session. Call 250-475-7630 to book an appointment .

Private Sessions

1 hour - \$50
2x \$92 (6 month expiry date)
4x \$169 (6 month expiry date)
8X \$326 (10 month expiry date)

Semi Private (per person)

1 hour -\$33
2x \$57(6 month expiry date)
4x \$100 (6 month expiry date)
8x \$194 (10 month expiry date)

Take the Fear out of Fitness **NEW**

Take the unknown out of fitness and find an active lifestyle that works for you. In this facility orientation you will learn where classes are located, how to navigate the active living guide, and what types of program(s) are available and suitable for your specific needs. Your health and wellness and registration questions will be answered in this session. 1 Complimentary pass included. Please register in advance by calling 250-475-7600.

465833	Tu	Jan 17	5:00pm- 6:00pm	\$10
465835	Th	Feb 16	11:00am-12:00pm	\$10
465839	Tu	Mar 13	5:00pm-6:00pm	\$10
465840	Th	Apr 19	11:00am-12:00pm	\$10
465841	Tu	May 17	5:00pm- 6:00pm	\$10