

Weight Room Schedule

Effective: Sep 8 – Dec 20, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-9pm	6am-9pm
Women Only				8:30-10pm			
Attendant on Duty	7-9am 3:15-5:15pm	9-11am 3:30-5:30pm 6:30-8:30pm	8-10am 3:30-5:30pm	9-11am 3:30-5:30pm* *Expert Corner 7:30-9:30pm	7-9am 9-11am 3:30-5:30pm	9am-11pm	9am-11pm
Orientations (by appointment only)		7-8pm		10-11am 8:30-9:30pm** (**Women Only)		10-11am	10-11am
Classes in the Weight Room (Shared Space)		Fit and Improved 10:05-11:05am Teen Weight Training 5-6pm	Getting started with Exercise 50+ 11:30am-12:30pm	Small Group Training 9-10am Fit and Improved 10:05-11:05am Seniors Weight Training 70+yrs – Small Group 11:15am-12:15pm			

Weight Room Orientations

- Our weight room is available for use by persons 16 years and older or teens 13-15 years after completing a weight room orientation. An orientation is designed to familiarize you with our facility, the basics of strength training, and personal safety around equipment. Orientations are by appointment only.
- Orientations cost \$15 (plus GST) for adults and are free for teens 13-15yrs and adults 60+.
- Call 250-475-7100 or register online to book an appointment.

Personal Training Sessions

Visit our [Personal Training](#) page or visit our reception desk for more information about packages offered.
Call reception at 250-475-7100 to set up an appointment.

Weight Room Guidelines

- Our weight room is not available to users under the age of 13 years. Participants ages 13-15yrs may only attend after completing an orientation and must present their orientation card or sticker as proof of completion.
- Visit our [Weight Room page](#) to view all weight room guidelines.

Notes & Additional Information

Facility hours on statutory holidays are 9am-4:30pm: September 30, October 12, and November 11
Ask the Attendant on Duty about our Expert Corner when you are next in!
For more information visit saanich.ca/recreation

