

Weight Room Schedule

Effective: Jun 28- Aug 31, 2025

Schedule is subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	6:30am-9pm	6:30am-9pm	6:30am-9pm	6:30am-9pm	6:30am-9pm	8am-4pm	8am-4pm
Attendant on Duty	9-11am 5-7pm	9-11am 5-7pm	9-11am 5-7pm	9-11am 5-7pm	9-11am	10am-12pm	11:30am-1pm
Orientations (by appointment only)			10-11am			10:30-11:30am	11:30am-12:30pm
Classes in the Weight Room (Shared Space)	Circuit Training 12-1pm		Circuit Training 12-1pm				Strength Training – Beginner 50+ 1-2pm Intermediate 10:15-11:15am
Weight Room Orientations	<ul style="list-style-type: none"> 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 250-475-7121 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 250-475-7121 to set up an appointment.						
Weight Room Guidelines	<ul style="list-style-type: none"> 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	Statutory holidays: <ul style="list-style-type: none"> CLOSED – Jul 1, Aug 4 Sep 1 – Open 9am-4:30pm For more information visit saanich.ca/recreation						

