Cedar Hill Recreation Centre

Weight Room Schedule

☎ 250-475-7121

Effective: Sep 8-Dec18, 2026

Schedule is subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	6:30am-10pm	6:30am-10pm	6:30am-10pm	6:30am-10pm	6:30am-10pm	8am-9pm	8am-9pm
Attendant on Duty	9-11:30am 3:30-7:30pm	9-11:30am 4-7pm	9-11:30am 4-7pm	9-11:30am 3:30-7:30pm	9-11:30am 1-3pm	9:30am-12pm	9-11:30am
Orientations (by appointment only)			10-11am			10:30-11:30am	10:15-11:15am
Classes in the Weight Room (Shared Space)	Circuit Training 12-1pm		Circuit Training 12-1pm		Circuit Training 12-1pm	Small Group 12-1pm	Weight Training – Beginner 50+ 1:30-2:30pm Ongoing 9:45-10:45am 10:45-11:45am For Mental Health 2:40-3:40pm

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 250-475-7121 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

- 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 9am-4:30pm:

- Sep 7, Sep 30, Oct 12, Nov 11.

For more information visit saanich.ca/recreation

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PARKS, RECREATION & COMMUNITY SERVICES