

Weight Room Schedule

Effective: Jun 27-Sep 6, 2026

Schedule is subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	7am-8pm	7am-8pm	7am-8pm	7am-8pm	7am-8pm	8am-4pm	8am-4pm
Attendant on Duty	9-11:30am 4-7pm	9-11:30am 5-8pm	9-11:30am 4-7pm	9-11:30am 4-pm	9-11:30am 1-3pm	9:30am-12pm	10am-12:30pm
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 2:15-3:15pm

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	<p>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.</p>
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	<p>Facility hours on statutory holidays: Jul 1 - CLOSED Aug 3 - CLOSED Sep 7 - 9am-4:30pm</p> <p>For more information visit saanich.ca/recreation</p>

