

Weight Room Equipment

SAANICH COMMONWEALTH PLACE

250-475-7600

4636 Elk Lake Drive

Cardio Equipment

- Arc Trainer
- Bike - Keiser Spin (2)
- Bike - Recumbent (2)
- Bike - Upright (4)
- Bike - Hybrid (2)
- Concept II Rower (5)
- Ellipticals (6)
- Nu Step (3)
- Step Mill
- Stepper (2)
- Treadmills (10)

Stretching Area

- Large stretching area with mats, light weights and balance equipment.

Amenities

- Friendly qualified staff
- Air conditioning
- Free parking
- Fully wheelchair accessible
- Swimming pools, steam, sauna and hot tub (no additional charge).
- [Personal Training](#)
- Changerooms, lockers and showers
- 679m² weight room with natural light overlooking the pool and outdoors.
- [Childminding](#)
- [Health and Rehabilitation Services](#)

Strength Machines

- Calf Raise (seated and standing)
- Chin Dip/Pull Up Assist
- Leg Curl (seated and prone)
- Leg Extension
- Leg Press (both selectorized and plate loaded)
- Kinesis Wall Weighted Pulley System (4)
- Pec Fly / Reverse Deltoid
- Rope Trainer - Marpo
- Seated Chest Press
- Seated Row and chest support
- Seated Row (45 degree)
- Shoulder Press

Strength Equipment

- Bench Press
- Cable Crossover / Lat Pull Tower
- Decline Press
- Dumbbells – max weight: 110 lbs
- Incline Press
- Olympic Lifting Area
- Smith Rack
- Squat Rack (2)
- Full range of free weight equipment, dumbbells, barbells, kettle bells and benches.
- Suspension trainers(2)