

Saanich Commonwealth Place

☎ 250-475-7630

Weight Room Schedule

Effective: Aug 6 – Sept 14, 2025

Closed for Annual Maintenance: August 27 – September 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	5:30am-10pm	5:30am-10pm	5:30am-10pm	5:30am-10pm	5:30am-10pm	*6am-4pm	*6am-4pm
Attendant on Duty	9-11am 5-10pm	9-11am 5-10pm	9-11am 5-10pm	9-11am 5-10pm	8-10am 5-10pm	11am-1pm	11am-1pm
Orientations (by appointment only)		5:30-6:30pm	5:30-6:30pm	Regional 7:30-9pm	Older Adult 8:30-9:30am		11:30am-12:30pm
Classes in the Weight Room (Shared Space)	Circuit 10:15-11:15am Rowing 5:30-6:30pm Fit & Improved 6:30-9pm	Weight Training 11-12pm	Circuit 10:15-11:15am Fit & Improved 6:30-9pm	Weight Training 11-12pm	Weight Training 10:15-11:15am	Rowing 11:30-12:30pm	Circuit 10-11am

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 250-475-7630 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 250-475-7630 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

Annual Maintenance Closure:
Wednesday Aug 27 – Monday, September 1. Reopening on Tuesday, September 2.
***Weekend hours beginning September 20: 6am-8:30pm**

For more information visit saanich.ca/recreation

