

# Weight Room Schedule

*Effective: Jun 28-Aug 5, 2025*

	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 10:15-11:15 Rowing 5:30-6:30 Fit & Improved 6:30-9	Weight Training 11-12	Circuit 10:15-11:15 Fit & Improved 6:30-9	Weight Training 11-12	Weight Training 10:15-11:15	Rowing 5:30-6:30	Circuit 10-11
Weight Room Orientations	<ul style="list-style-type: none"> <li>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.</li> <li>Orientations cost \$15 (plus GST) for adults and are free for teens 13-15yrs and adults 60+.</li> <li>Call 250-475-7630 to book an appointment.</li> </ul>						
Personal Training Sessions	Visit our <a href="#">Personal Training</a> 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	<ul style="list-style-type: none"> <li>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.</li> <li>Visit our <a href="#">Weight Room page</a> to view all weight room guidelines.</li> </ul>						
Notes & Additional Information	<p>Facility hours on statutory holidays 8am-4pm:</p> <ul style="list-style-type: none"> <li>CLOSED Aug 27-Sep 1 for annual maintenance</li> <li>Stats – Tuesday July 1<sup>st</sup>, Monday August 4<sup>th</sup></li> </ul> <p>For more information visit <a href="https://saanich.ca/recreation">saanich.ca/recreation</a></p>						



