

Weight Room Schedule

☎ 250-475-7630

Effective: September 21 - December 20, 2026

	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-8:30pm	6am-8:30pm
Attendant on Duty	9-10:15am 4-10pm	8-10am 4-10pm	8-10am 4-10pm	8-10am 4-10pm	8-10am 4-10pm	11am-1pm	12-2pm
Orientations (by appointment only)		5:30-6:30pm	5:15-6:15pm	Regional 7:30-9pm	Older Adult 9-10am		12-1pm
Classes in the Weight Room (Shared Space)	Circuit 10:15-11:15am Rowing 5:30-6:30pm Fit & Improved 6:30-9pm	Take Heart 9:30am-3pm Weight Training for Teens 4:30-5:30pm	Fit & Improved 6:30-9pm	Take Heart 9:30am-3pm	Weight Training for Teens 4:30-5:30pm	Rowing 11:30-12:30	
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	Facility hours on statutory holidays 8am-4pm: Stats: September 30, October 12, November 11 For more information visit saanich.ca/recreation						


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