

Weight Room Schedule

Effective: Sep 15 – Dec 19, 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-8:30pm	6am-8:30pm
Attendant on Duty	9-10:15am 5-10pm	9-11am 5-10pm	9-10:15am 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 6:30-10	Weight Training 11-12	Circuit 10:15-11:15 Fit & Improved 6:30-10	Weight Training 11-12	Weight Training 10:15-11:15	Rowing 5:30-6:30	Circuit 10-11
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 – Sep 30, Oct 13, Nov 11. For more information visit saanich.ca/recreation						

