

Weight Room Schedule

Effective: Jun 28-Aug 26, 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"> 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	<ul style="list-style-type: none"> 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	<p>Facility hours on statutory holidays 8am-4pm:</p> <ul style="list-style-type: none"> CLOSED Aug 27-Sep 1 for annual maintenance Stats – Tuesday July 1st, Monday August 4th <p>For more information visit saanich.ca/recreation</p>						

