

Weight Room Schedule

Effective: January 6 – June 28 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 4-10pm	9-11am 4-10pm	9-10:15am 4-10pm	9-11am 4-10pm	8-10am 4-10pm	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 – Small Group 10:15- 11:15am Indoor Rowing 5:30-6:30pm Fit & Improved (x2) 6:30-8:45pm	Weight Training – Small Group 11am-12pm	Circuit – Small Group 10:15-11:15am Fit & Improved (x2) 6:30-8:45pm	Weight Training – Small Group 11am-12pm	Weight Training – Small Group 11am-12pm	Indoor Rowing 11:30am-12:30pm	Circuit – Small Group 10-11am
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 will differ on statutory holidays.</p> <ul style="list-style-type: none"> May 19 <p>For more information visit saanich.ca/recreation</p>						

