Saanich Commonwealth Place
Weight Room Schedule

☎ **250-475-7630**

Effective: January 5 – June 26, 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 – Small Group 10:15-11:15am Fit & Improved (x2) 6:30-8:45pm	Weight Training – Small Group 11:30am-12:30pm Teen Weights 4:30-5:30pm	Fit & Improved (x2) 6:30-8:45pm	Weight Training – Small Group 11:30am-12:30pm	Teen Weights 4:30-5:30pm	Indoor Rowing 11:30am-12:30pm	Circuit – Small Group 9:15-10:15am

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 will differ on statutory holidays.

- Feb 16, Apr 3, Apr 6, May 18

For more information visit saanich.ca/recreation

Saanich
PARKS, RECREATION & COMMUNITY SERVICES