



☎ 250-475-7600

Saanich Commonwealth Place - Weight Room Schedule

Effective January 4 –April 30, 2021

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
Reserved Drop In Reserve Here		5:30-7:00 am 7:30-9:00 am 9:30-11:00 am 11:30 am-1:00 pm 1:30-3:00 pm 3:30-5:00 pm 5:30-7:00 pm 7:30-9:00 pm			5:30-7:00 am 7:30-9:00 am 9:30-11:00 am 11:30 am-1:00pm 1:30-3:00 pm 3:30-5:00 pm 5:30-7:00 pm 7:30-9:00 pm	7:00-8:30 am 9:00-10:30 am 11:00 am-12:30 pm 1:00 – 2:30 pm 3:00-4:30 pm	7:00-8:30 am 9:00-10:30 am 11:00 am-12:30 pm 1:00 – 2:30 pm 3:00-4:30 pm						
Supervisor on Duty		7:30-9:00 pm			3:30-5:00 pm	9:00-10:30 am	11:30 am-12:30 pm						
Weight Room Guidelines	<ul style="list-style-type: none"> • Collect your individual spray bottle • Spray paper towel with disinfectant and wipe equipment • Clean your cubby before and after use • Stay 2 meters apart, unless with a workout partner • No “working in” or spotting unless with your workout partner • Before and after use: clean equipment (pins, adjustment knobs, seats, handles etc.) • Return spray bottle to ‘dirty’ bin • Leave promptly once session is finished • No shower facilities available 												
Personal Training	<p>Personal training is now available. Our Instructors will design a training program specific to your needs or revamp an existing program. If you feel stuck in a workout rut, or need some motivation to stick to your program, this is the service for you. Prices do not include tax. There is a 24 hour cancellation policy, less than 24 hours will result in a non-refundable loss of your session. Call Kam at 250-475-7613 to set up an appointment.</p> <table> <tr> <td>Private Sessions</td> <td>Semi-Private (per person)</td> </tr> <tr> <td>2x \$108 (10 month expiry date)</td> <td>2x \$136 for the pair (10 month expiry date)</td> </tr> <tr> <td>4x \$205 (10 month expiry date)</td> <td>4x \$250 for the pair (10 month expiry date)</td> </tr> </table>							Private Sessions	Semi-Private (per person)	2x \$108 (10 month expiry date)	2x \$136 for the pair (10 month expiry date)	4x \$205 (10 month expiry date)	4x \$250 for the pair (10 month expiry date)
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Notes & Additional Information	<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 free weight room orientation: Orientation by appointment only for ages 13+, Adults and 60+. Call Kam at 250-475-7630 to book an appointment. • Facility closed on Statutory Holidays (Feb 15, Apr 2, Apr 5, May 24) • Weight room equipment may be limited due to Covid-19. 												