Saanich Commonwealth Place

# Weight Room Schedule

☎ 250-475-7630

***Effective: Sept 8-20, 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-4pm | 6am-4pm |
| Attendant on Duty | 9-10:15am<br>5-10pm | 8-10am<br>5-10pm | 8-10am<br>5-10pm | 8-10am<br>5-10pm | 8-10am<br>5-10pm | 11am-1pm | 12-2pm |
| Orientations<br>(by appointment only) | | 5:30-6:30pm | 5:15-6:15pm | Regional<br>7:30-9pm | Older Adult<br>9-10am | | 12-1pm |
| Classes in the Weight Room (Shared Space) | Circuit<br>10:15-11:15<br>Rowing<br>5:30-6:30<br>Fit & Improved<br>6:30-9 | Weight Training for Teens<br>4:30-5:30 | Fit & Improved<br>6:30-9 | | Weight Training for Teens<br>4:30-5:30 | Rowing<br>11:30-12:30 | Circuit<br>9:15-10:15 |

**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**

- SCP Pool and Main Facility closed Sept 7 – Sept 20 for annual maintenance.

For more information visit saanich.ca/recreation

Saanich
PARKS, RECREATION & COMMUNITY SERVICES