

WEIGHT ROOM

Saanich Commonwealth Place

Effective January 2, to June 30, 2023

250-475-7630	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hours of Operation	5:30am to 10pm					6am– 8:30pm	7am– 8:30pm
*Orientation 13yrs+ by appointment only		5:30pm-6:30pm	5:30pm-7pm	Regional 7:30pm – 9pm	Older Adults 8:30am-9:30 am		11:30am – 1pm
Supervisor on Duty	9am-11am 4pm-10pm	9am-11am 4pm-10pm	9am-11am 4pm-10pm	9am-11am 4pm-10pm	8am-10am 4pm-10pm	11am-1pm	11am- 1pm

Notes & Additional Information	<p>Classes in the Weight Room (some equipment unavailable): Mon, Wed 10:15am - 11:15am & Tue, Thu 11am - 12pm</p> <p>Take Heart Program: Wed & Fri 11:30am - 3pm</p> <p>Statutory Holiday hours: 8am - 4pm: Feb 20, April 7 & 10, May 22.</p> <p>Orientation: Call 250-475-7630 to book, cost is \$15 + tax. FREE for teens 13-15 of age Designed to familiarize you with our facility and to give you an orientation to the basics of strength training. An orientation is recommended before using the weight room and <u>required</u> for those aged 13-15. Weight Room usage is not permitted for those 12 years and under.</p> <p>Personal Training: 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 250-475-7630 to book an appointment.</p>											
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Personal Training Packages

Start Up First Steps Package -12 Session Program \$665.00

Take the first steps to a healthier you. This comprehensive personal training package will equip you with the knowledge and ability to improve your health and fitness for the long term. It may start with these 6 weeks, but the lifestyle changes you adopt will literally change your life. If you're finally ready to make that change, this package is your first step.

Details: 12 sessions with a qualified personal trainer • 6X drop in pass • Pre and post health & fitness assessment (Total 1.5hrs)

Total Body Transformation – 24 Session Program \$1260.00

Research shows that 12 weeks is the minimal time required to see any measurable results from a lifestyle change. This extensive program will encompass all areas of your personal fitness from proper work out strategy and health education to the creation of a fitness routine and ongoing trainer support. Build success by focusing your workouts, maximize your time to attain and exceed your wellness goals. Stop spinning your wheels and get the results you want to see NOW! Break through your workout plateaus to become more efficient and effective in all that you do.

Details: 24 sessions with a qualified personal trainer • 12X drop in pass. • Pre and post fitness assessment (Total1.5hrs)