


Weight Room Schedule

Effective: June 29 – August 30, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-9pm	7am-6pm	7am-6pm
Attendant on Duty	9-11am 4-7pm	9-11am 4-7pm	9-11am 4-7pm	9-11am 4-7pm	9-11am 4-7pm	9:30-11:30am	
Orientations (by appointment only)					5:30-6:30pm	10:30-11:30am	
Classes in the Weight Room		Circuit 9:15-10:15am	Circuit 9:15-10:15am		Circuit 9:15-10:15am	Circuit 9:15-10:15am	
<p>Note: Gardom Room is closed during all scheduled weight room classes</p>							
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 250-475-5400 to book an appointment. 						
Personal Training Sessions	<p>Visit our Personal Training page or visit our reception desk for more information about packages offered. Call reception at 250-475-5400 to set up an appointment.</p>						
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	<ul style="list-style-type: none"> For facility hours on statutory holidays call 250-475-5400. For more information visit saanich.ca/recreation The weight room will be closed for annual maintenance from July 26 to August 4, 2025. We appreciate your understanding and apologize for any inconvenience. 						