


Weight Room Schedule

Effective: January 6 – June 29, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-9pm	7am-8pm	7am-8pm
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)						5-6pm	10:30-11:30am
Classes in the Weight Room	Big Wellness 7:00-8:00pm Stretching room closed	Circuit 9:15-10:15am Stretching room shared	Circuit 9:15-10:15am Stretching room shared Big Wellness 7:00-8:00pm Stretching room closed		Circuit 9:15-10:15am Stretching room shared	Circuit 9:15-10:15am Stretching room shared	
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	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.						
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/recreationThe weight room will be closed for annual maintenance from July 26 to August 4, 2025. We appreciate your understanding and apologize for any inconvenience.						

