

Weight Room Schedule

Effective: Jun 29th – September 6th 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-9pm	6am-8pm	6am-8pm
Women Only				7:30-9pm			
Attendant on Duty	10am-12pm 3-5pm	8-10am 5-7pm	3-5pm	8-10am 5:30-7:30pm	8-9am 10-11am 3-5pm	11am-1pm	
Orientations (by appointment only)		6-7pm		6-7pm		11am-12pm	
Classes in the Weight Room (Shared Space)		Fundamental Weight Training 10:05-11:05am	Getting started with Exercise 50+ 11:30am-12:30pm	Small Group Training 9-10am Fundamental Weight Training 10:05-11:05am			

<p>Weight Room Orientations</p> <p>Personal Training Sessions</p> <p>Weight Room Guidelines</p> <p>Notes & Additional Information</p>	<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 250-475-7100 to book an appointment. <p>Visit our Personal Training page or visit our reception desk for more information about packages offered. Call reception at 250-475-7100 to set up an appointment.</p> <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. <p>Facility hours on statutory holidays 8am-3pm:</p> <ul style="list-style-type: none"> • July 1, August 3, September 7 <p>For more information visit saanich.ca/recreation</p>
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