

Weight Room Schedule

Effective: May 11 – Jun 14, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-9pm	6am-9pm
Women Only	Women's Only time will return Thursday 7:30-9pm for the Summer 2026 Schedule						
Attendant on Duty	7-9am 3:30-5:30pm	9-11am 3:30-5:30pm 6:30-8:30pm	8-10am 3:30-5:30pm	9-11am 3:30-5:30pm 7:30-9:30pm	7-9am 9-11am 3:30-5:30pm	9am-11pm	9am-11pm
Orientations (by appointment only)		7-8pm		10-11am 8:30-9:30pm		10-11am	10-11am
Classes in the Weight Room (Shared Space)		Teen Weight Training 5-6pm	Getting started with Exercise 50+ 11:30am-12:30pm	Small Group Training 9-10am			

<p>Weight Room Orientations</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>Personal Training Sessions</p>	<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>
<p>Weight Room Guidelines</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>Notes & Additional Information</p>	<p>Facility hours on statutory holidays 8am-3pm:</p> <ul style="list-style-type: none"> • May 19 <p>For more information visit saanich.ca/recreation</p>

