

Weight Room Schedule

Effective: Jan 2 - Jun 27, 2025

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|----------------------------|--------------------|----------------------------|--------------------|----------------------------|---------------|--|
| Weight Room Hours | 6:30am-10pm | 6:30am-10pm | 6:30am-10pm | 6:30am-10pm | 6:30am-10pm | 8am-9pm | 8am-9pm |
| Attendant on Duty | 9-11am 5-7:30pm | 9-11am 5-7:30pm | 9-11am 5-7:30pm | 9-11am 5-7:30pm | 9-11am 1:30-3:30pm | 10am-12pm | 11:30am-1pm |
| Orientations (by appointment only) | | | 10-11am | | | 10:30-11:30am | 11:30am-12:30pm |
| Classes in the Weight Room (Shared Space) | Circuit Training 12-1pm | | Circuit Training 12-1pm | | Circuit Training 12-1pm | | Strength Training – Intermediate 10:15-11:15am Strength Training – Beginner 50+ 1-2pm |

Weight Room Orientations

- 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 250-475-7121 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 250-475-7121 to set up an appointment.

Weight Room Guidelines

- 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

Facility hours on statutory holidays 9am-4:30pm:

- February 17, April 21, May 19
- CLOSED – April 18

For more information visit saanich.ca/recreation

