

Weight Room Schedule

Effective: Jan 6-Jun 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	Circuit 9:15-10:15am Stretching room shared		Circuit 9:15-10:15am Stretching room shared	Big Wellness 7-8pm Stretching room closed	Circuit 9:15-10:15am Stretching room shared		

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 250-475-5400 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

- 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

For facility hours on statutory holidays call 250-475-5400.
For more information visit saanich.ca/recreation

