

Weight Room Schedule

Effective: Sep 3- Dec 20, 2024

	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

<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 250-475-7121 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 250-475-7121 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 9am-4:30pm:</p> <ul style="list-style-type: none"> • September 30, October 14, November 11 • CLOSED – September 2 <p>For more information visit saanich.ca/recreation</p>



