

# Weight Room Schedule

*Effective: Jul 2- Sep 1, 2024*

Schedule is subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	7am-8pm	7am-8pm	7am-8pm	7am-8pm	7am-8pm	8am-4pm	8am-4pm
Attendant on Duty	9-11am 5-7pm	9-11am 5-7pm	9-11am 5-7pm	9-11am 5-7pm	9-11am	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)							Strength Training – Beginner 50+ 10:15-11:15am

<p>Weight Room Orientations</p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Orientations cost \$15 (plus GST) for adults and are free for teens 13-15yrs and adults 60+.</li> <li>• Call 250-475-7121 to book an appointment.</li> </ul>
<p>Personal Training Sessions</p>	<p>Visit our <a href="#">Personal Training</a> 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"> <li>• 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.</li> <li>• Visit our <a href="#">Weight Room page</a> to view all weight room guidelines.</li> </ul>
<p>Notes &amp; Additional Information</p>	<p>Statutory holidays:</p> <ul style="list-style-type: none"> <li>• CLOSED – Jul 1, Aug 5, Sep 2</li> </ul> <p>For more information visit <a href="http://saanich.ca/recreation">saanich.ca/recreation</a></p>

