

Weight Room Schedule

Effective: January 6 – June 28 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	5:30am-10pm	5:30am-10pm	5:30am-10pm	5:30am-10pm	5:30am-10pm	6am-8:30pm	7am-8:30pm
Attendant on Duty	9-10:15am 4-10pm	9-11am 4-10pm	9-10:15am 4-10pm	9-11am 4-10pm	8-10am 4-10pm	11am-1pm	11am-1pm
Orientations (by appointment only)		5:30-6:30pm	5:30-6:30pm	Regional 7:30-9pm	Older Adult 8:30-9:30am		11:30am-12:30pm
Classes in the Weight Room (Shared Space)	Circuit – Small Group 10:15- 11:15am Indoor Rowing 5:30-6:30pm Fit & Improved (x2) 6:30-8:45pm	Weight Training – Small Group 11am-12pm	Circuit – Small Group 10:15-11:15am Fit & Improved (x2) 6:30-8:45pm	Weight Training – Small Group 11am-12pm	Weight Training – Small Group 11am-12pm	Indoor Rowing 11:30am-12:30pm	Circuit – Small Group 10-11am

<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 250-475-7630 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 250-475-7630 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 will differ on statutory holidays.</p> <ul style="list-style-type: none"> • February 17, April 18, April 21, May 19 <p>For more information visit saanich.ca/recreation</p>

