

Weight Room Schedule

Effective: Sept 3 – December 21, 2024

	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	10-11am
Classes in the Weight Room	Circuit 9:15-10:15am Stretching room shared		Circuit 9:15-10:15am Stretching room shared	Big Wellness 7:00-8:00pm Stretching room closed	Circuit 9:15-10:15am Stretching room shared		

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

