

Weight Room Schedule

Effective: Sep 2-Dec 22, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight Room Hours	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-9pm	6am-9pm
Women Only				8:30-10pm			
Attendant on Duty	7-9am 3-5pm	10am-12pm 3-5pm 6:30-8:30pm	6-8am 3-5pm	10am-12pm 7:30-9:30pm	7-9am 3-5pm	10am-12pm	10am-12pm
Orientations (by appointment only)		7-8pm		12-1pm 8:30-9:30pm (Women Only)		11am-12pm	10:15-11:15am
Classes in the Weight Room (Shared Space)		Fundamental Weight Training 10:05-11:05am Silver Weight Training 11:15am-12:15pm	Getting started with Exercise 50+ 11:30am-12:30pm	Weight Training-Small group 9-10am Fundamental Weight Training 10:05-11:05am Silver Weight Training 11:15am-12:15pm Expert Corner 3-5pm Teen Weight Training 5-6pm			

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 250-475-7100 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 250-475-7100 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

Facility hours on statutory holidays 9am-4:30pm:

- February 19, March 31, April 1, May 20
- CLOSED – March 29

For more information visit saanich.ca/recreation

