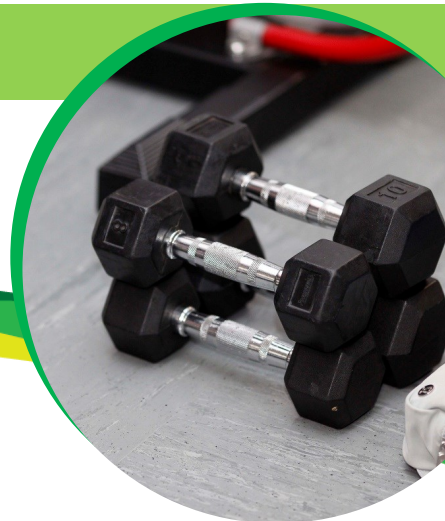


HEALTH & FITNESS PROGRAMS

SPRING & SUMMER



20-20-20 50YRS+ ♥

OLDER ADULT FRIENDLY

This fun class is the total package. It starts off with 20 minutes of warm up and low impact cardio, followed by 20 minutes of weightlifting using body weight and/or dumbbells, before finishing off with 20 minutes of deep therapeutic stretch to release muscle tension, improve flexibility and reduce stress.

SAANICH COMMONWEALTH PLACE

Rosalie Russo

107412 M May 6-Jun 17 2:15-3:15pm 6/\$54

AGING BACKWARDS ♥

OLDER ADULT FRIENDLY

This dynamic, full-body workout combines stretching and strengthening techniques made famous in the popular book and TV show. Engage all 650 muscles in your body! Relieve chronic aches and stiffness and increases your mobility and strength. Suitable for active adults of all ages.

SAANICH COMMONWEALTH PLACE

Justina Bailey

108923 Tu May 7-Jun 25 2:30-3:30pm 8/\$120
115879 Tu Jul 2-Aug 20 9-10am 8/\$120

AQUA STRENGTH AND STRETCH ♥

OLDER ADULT FRIENDLY

Use the resistance of the water to stretch, strengthen and stabilize your entire body in an invigorating muscle conditioning workout. A combination of yoga, pilates, strength and flexibility exercises. Drop-in available if space permits: \$12/class

SAANICH COMMONWEALTH PLACE

Rachel Houle

108847 Tu Apr 30-Jun 18 10-11am 8/\$74
108848 Th May 2-Jun 20 10-11am 8/\$74
116543 Th Jul 4-Aug 29 8-8:50am 9/\$74

AQUA ZUMBA ♥

OLDER ADULT FRIENDLY

Those looking to make a splash by adding a low-impact, high energy aquatic exercise to their fitness routine. There is less impact on your joints. The water creates natural resistance, which means every step is more challenging & helps tone your muscles. Drop-in available if space permits: \$15/class

SAANICH COMMONWEALTH PLACE

Samantha Avis

108988 W May 1-Jun 19 7:15-8:15pm 8/\$90
108989 F May 3-Jun 21 6-7pm 8/\$90
116540 W Jul 3-Aug 28 7:15-8:15pm 9/\$90

BABY AND ME CORE AND MORE ♥

A safe core class for you to sculpt and strengthen your abdominals, lower back and glute muscles, with your baby by your side. Babies should not be older than 18mths.

SAANICH COMMONWEALTH PLACE

Jan Del Mistro

115972 Th Jul 4-25 1-1:45pm 4/\$36

HOW TO REGISTER

ONLINE at Saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our
4 Recreation Centres



INTENSITY LEVEL GUIDE

All classes welcome participants 13yrs+. For your convenience we have listed the intensity level beside the class. Modifications can be shown in all classes.

♥ Suitable for everyone from beginners to advanced, emphasizing fun and effective workouts; challenging options for experienced participants.

♥♥ Suitable for participants ready to improve technique and increase intensity while still emphasizing proper form. Best suited for individuals who are already active.

♥♥♥ Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.



OPTION OF EXERCISING
WHILE SEATED

BALANCE AND STRENGTH ♥ ♿ OLDER ADULT FRIENDLY

These strength-based exercises on and around the chair help improve your balance, coordination and stability so you can enjoy your regular activities without fear of falling or injury.

SAANICH COMMONWEALTH PLACE

Anne Casey

115961 M Jul 8-29 1-1:50pm 4/\$36

BALANCE BOOSTER® ♥ ♿ OLDER ADULT FRIENDLY

This class blends strength exercises, brain fitness, and body awareness training. The focus is on fall prevention and staying mobile and active through the different phases of aging. Participants must be able to walk and sit/stand on their own.

SAANICH COMMONWEALTH PLACE

Corinne Dibert

107425 Tu May 7-Jun 18 1-1:50pm 7/\$63

BARRE FITNESS ♥

An excellent regime of ballet, pilates, yoga, strength and flexibility training using a ballet barre. This total body conditioning technique is a low-intensity workout that will transform and sculpt your entire body. Strong focus on postural strength and alignment. Open to all levels.

SAANICH COMMONWEALTH PLACE

115984 W Jul 3-Aug 28 5:30-6:30pm 9/\$102

Ann Bookman

115985 Th Jul 4-Aug 29 9:10-10am 9/\$102

Marilyn Wilson

115962 M Jul 8-Aug 26 5:30-6:30pm 7/\$79

BCRPA WEIGHT TRAINING ♥♥

Are you interested in a career in the Weight Room? This course will provide you with the information to instruct safe and effective resistance training programs. Topics include exercise technique, training principles, and exercise analysis. Students are required to provide their own manuals, available from CFES, cost: \$74.80.

Additional fees apply for BCRPA written and practical exams as well as professional registration. Prerequisite: Fitness Theory Course.

SAANICH COMMONWEALTH PLACE

Melissa Clarke

108959 Sa,Su Jun 1-2 9am-6pm 2/\$349

BODY WORKS ♥

Build a body that works better in this great new group exercise class. Using a variety of equipment and body weight exercises, this class will strengthen your whole body while focusing on form, core strength, balance, stability and mobility. Options provided for all levels.

SAANICH COMMONWEALTH PLACE

Donna Renaud

107459 Su May 12-Jun 23 11:45am-12:45pm 7/\$63

115964 Su Jul 7-28 11:45am-12:45pm 4/\$36

116034 Su Aug 4-25 11:45am-12:45pm 4/\$36

BODY SHOP ♥

Improve your muscle activation and endurance in this functional group fitness class. Challenge yourself while you focus on technique, core stamina, agility, and flexibility.

PROSPECT LAKE COMMUNITY HALL

Jennifer Ablack

107489 M May 6-Jun 17 9-10am 6/\$54

115963 M Jul 8-Aug 26 9-10am 7/\$63

Joanne Krol

107490 W May 8-Jun 19 9-10am 7/\$63

115986 W Jul 10-Aug 21 9-10am 7/\$63

SAANICH COMMONWEALTH PLACE

Tyler Zawacki

108796 F May 10-Jun 28 7:30-8:30am 8/\$72

116197 F Jul 5-Aug 2 7:30-8:30am 5/\$45

116790 F Aug 9-30 7:30-8:30am 4/\$36

BOXING ♥

Punch-up your fitness routine! Learn boxing techniques and conditioning drills, while getting a full body workout. We focus on proper form and technique, ensuring you improve muscle memory, coordination, strength, balance and endurance and decrease your risk of injury. Taught by a real boxing coach, this fun, exciting workout will get you the results you're looking for.

SAANICH COMMONWEALTH PLACE

Don Ouelette

107461 M May 6-Jun 17 7:45-8:45pm 6/\$65

115991 M Jul 8-Aug 26 6:45-7:45pm 7/\$76

115992 F Jul 5-26 5-6pm 4/\$43

115993 F Aug 2-30 5-6pm 5/\$54

50YRS+ OLDER ADULT FRIENDLY

107460 Su May 12-Jun 23 8:15-9:15am 7/\$76

115965 Su Jul 7-28 8:15-9:15am 4/\$43

115994 Su Aug 4-25 8:15-9:15am 4/\$43

BUILD BETTER BONES ♥ OLDER ADULT FRIENDLY

Build and maintain your bone strength, while working on fall prevention and reducing the risk of fractures through development of core strength, balance exercises and proper posture.

SAANICH COMMONWEALTH PLACE

Anne Casey

115967 M Jul 8-Aug 26 2-3pm 7/\$63

115995 W Jul 3-Aug 28 2-3pm 9/\$81

HOW TO REGISTER

ONLINE at Saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our

4 Recreation Centres



PARKS, RECREATION
& COMMUNITY SERVICES

CHRONIC PAIN/MILD MOVEMENT CLASS ♥ ♿

OLDER ADULT FRIENDLY

A safe mild exercise class for people living with chronic pain, fibromyalgia or for people looking for a gentle class. Ideal for those who are already mildly active. Chair exercises provided as alternatives.

SAANICH COMMONWEALTH PLACE

Diana Lewall

107464 Tu May 7-Jun 18 11:30am-12:30pm 7/\$63

107465 Th May 9-Jun 20 11:30am-12:30pm 7/\$63

EASY FIT 50YRS+ ♥

This class guides you slowly and safely back into a gentle fitness routine. Including 20 minutes of standing exercises, your professional fitness instructor helps you easily build strength and improve balance. Become your best fit, whatever that is for you, in this supportive class.

SAANICH COMMONWEALTH PLACE

Catherine Hollett

107466 Tu May 7-Jun 18 1:15-2:15pm 7/\$44

EXERCISE INTRODUCTION 50YRS+ ♥

OLDER ADULT FRIENDLY

In this one-time small group class, learn basic exercises that help maintain muscle mass, promote bone health and prevent falls. You will receive a description of how to safely do the exercises at home and a list of Saanich programs that promote exercise in a friendly group setting. Call 250-475-7600 to register.

SAANICH COMMONWEALTH PLACE

Fridays 1:15-2pm for May & June only

FIT AND IMPROVED ♥ OLDER ADULT FRIENDLY

Let our qualified trainers help you meet your individual fitness goals! Improve your body composition, muscular strength, flexibility and more. We'll track your progress to facilitate your best results. This is a small group class with 4:1 ratio, includes 10x pass, valid for duration of the program.

SAANICH COMMONWEALTH PLACE

Sam McColl

116201 M,W Jul 3-Aug 28 6:30-7:30pm 16/\$240

116200 M,W Jul 3-Aug 28 7:45-8:45pm 16/\$240

119742 M,W Jul 3-Aug 28 8:50-9:50pm 16/\$240

FLEX & FLOW ♥♥

Stretch, strengthen and stabilize your entire body in an invigorating muscle conditioning workout. A combination of yoga, pilates, strength and flexibility exercises.

SAANICH COMMONWEALTH PLACE

Rachel Houle

107467 W May 8-Jun 19 8-8:50am 7/\$63

115968 W Jul 3-Aug 28 8-8:50am 9/\$81

FLEXIBILITY AND CORE ♥ OLDER ADULT FRIENDLY

A fun fusion of stretch, balance and Pilates inspired exercises, this rejuvenating class inspires the mind-body connection. Strengthen, lengthen, and stretch your whole body as you improve posture and build a strong, stable core. This flow-style class welcomes all levels.

SAANICH COMMONWEALTH PLACE

Wanda Hanna

107469 Tu May 7-Jun 18 5:45-6:40pm 7/\$63

107468 F May 10-Jun 21 12:45-1:40pm 7/\$63

FULL BODY WORKOUT (VIRTUAL) ♥

OLDER ADULT FRIENDLY

This full body workout includes an eclectic mix of cardio, strength, balance, core, and stretch and is offered in a virtual format. Participate from home with just a mat, dumbbells (optional) and yourself! Beginners to advanced welcome.

SAANICH COMMONWEALTH PLACE

Janna Reimer

107471 Su May 5-26 9:15-10:15am 4/\$27

107472 Su Jun 2-30 9:15-10:15am 5/\$34

HIPS CORE AND PELVIC FLOOR ♥

OLDER ADULT FRIENDLY

In this therapeutic series, we'll explore the relationship between body, breath, and nervous system and the surrounding areas which help to support the pelvic floor. Through movement, breath work and self compassion, we'll begin to release, relax, build strength and resilience. This class is gentle and inclusive, for all bodies wanting to enhance their pelvic floor health.

SAANICH COMMONWEALTH PLACE

Tamara Cleaver

108567 M May 6-Jun 24 12:45-1:45pm 7/\$77

INTENSITY LEVEL GUIDE

All classes welcome participants 13yrs+. For your convenience we have listed the intensity level beside the class. Modifications can be shown in all classes.

♥ Suitable for everyone from beginners to advanced, emphasizing fun and effective workouts; challenging options for experienced participants.

♥♥ Suitable for participants ready to improve technique and increase intensity while still emphasizing proper form. Best suited for individuals who are already active.

♥♥♥ Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.



OPTION OF EXERCISING WHILE SEATED

KICK BOXING ♥♥

This fast-paced, fun, safe, empowering introductory kickboxing program will have your fists, feet and heart pumping like you never thought possible. Learn basic kickboxing techniques and conditioning drills to increase power, speed and agility

SAANICH COMMONWEALTH PLACE

[Don Ouelette](#)

| | | | | |
|--------|---|--------------|-------------|--------|
| 107473 | W | May 8-Jun 19 | 7:45-8:45pm | 7/\$76 |
| 115970 | W | Jul 3-Aug 28 | 6:45-7:45pm | 9/\$97 |

LOW & TONE ♥

A low impact fitness class designed for a wide range of participants of all ages. Fun, easy to follow moves and upbeat music are combined with cardio and toning to leave you feeling your best!

PROSPECT LAKE COMMUNITY HALL

[Pat Rhodes](#)

| | | | | |
|--------|----|--------------|---------------|--------|
| 108962 | Tu | May 7-Jun 18 | 10:30-11:30am | 7/\$63 |
| 115971 | Tu | Jul 2-Aug 27 | 10:30-11:30am | 9/\$81 |

MOVING BEYOND CANCER

Exercise has been proven to improve symptoms related to cancer at every stage of treatment and recovery. Two group fitness classes per week will empower you to feel your best while improving your strength, cardio, balance and flexibility in a supportive community environment. Modifications will be shown.

SAANICH COMMONWEALTH PLACE

[Call Kristy at 250-475-7623 for more information](#)

| | | | | |
|--------|-----|---------------|----------|----------|
| 107484 | M,W | Mar 25-Jun 12 | 1-1:45pm | 22/\$136 |
|--------|-----|---------------|----------|----------|

PILATES PLUS - LEVEL 1 ♥

A scientific-based practice that features a strong clinical education component, facilitated by Joan Buna. Emphasis on the layers of the core, breathing and biomechanical alignments that reduce tension and influence patterns in the body. A simple but effective class to help you achieve a healthy lifestyle. No experience necessary.

SAANICH COMMONWEALTH PLACE

[Joan Buna](#)

| | | | | |
|--------|---|--------------|-------------|--------|
| 108575 | M | May 6-Jun 24 | 5:10-6:10pm | 7/\$77 |
| 116276 | M | Jul 8-29 | 5:30-6:30pm | 4/\$44 |

PILATES PLUS - ONGOING

This effective next-level program helps you achieve a healthy lifestyle, allowing you to do what you love to do.

SAANICH COMMONWEALTH PLACE

[Joan Buna](#)

| | | | | |
|--------|---|--------------|-------------|--------|
| 108581 | M | May 6-Jun 24 | 6:20-7:20pm | 7/\$77 |
|--------|---|--------------|-------------|--------|

SHIODA AIKIDO ♥

Learn the basic movements and techniques of Shioda Aikido in a family-friendly club environment. This martial art provides fun, fitness and self-defense training. It promotes learning through partner practice, rather than sparring and competition. Circular movements are used to redirect the body and energy of an attacker. 10 class pass available for those needing schedule flexibility. Adult 10/\$100 or Student 10/\$80.

PROSPECT LAKE COMMUNITY HALL

[Island Aikido](#)

| | | | | |
|--------|----|--------------|----------|--------|
| 108957 | Tu | May 7-Jun 25 | 7-8:30pm | 8/\$80 |
| 115973 | Tu | Jul 2-Aug 27 | 7-8:30pm | 9/\$90 |

STRENGTH AND CONDITIONING 50+YRS ♥

OLDER ADULT FRIENDLY

This class offers a variety of strength exercises and functional movement patterns specially designed for active individuals. Sessions incorporate balls, bands, weighted bars and dumbbells.

SAANICH COMMONWEALTH PLACE

[Jan Del Mistro](#)

| | | | | |
|--------|----|-------------|-------|--------|
| 116203 | Th | Jul 4-Aug 1 | 2-3pm | 5/\$45 |
| 116793 | Th | Aug 8-29 | 2-3pm | 4/\$36 |

[Tyler Zawacki](#)

| | | | | |
|--------|----|----------|-------|--------|
| 116204 | Tu | Jul 2-30 | 2-3pm | 5/\$45 |
| 116794 | Tu | Aug 6-27 | 2-3pm | 4/\$36 |

STRENGTH CIRCUIT - SMALL GROUP ♥♥

This circuit class uses weights and strength equipment to focus on improving your strength, mobility, and power. The small group format of 6 participants allows for more individual coaching to better suit your individual needs. This class does not occur in the weight room.

SAANICH COMMONWEALTH PLACE

[Rachel Houle](#)

| | | | | |
|--------|---|-----------|-------------|-------|
| 119743 | M | Jul 8-29 | 5:30-6:15pm | 4\$47 |
| 119744 | M | Aug 12-26 | 5:30-6:15pm | 4\$47 |

WOMEN'S ONLY

| | | | | |
|--------|---|-----------|-------------|-------|
| 119743 | M | Jul 8-29 | 5:30-6:15pm | 4\$47 |
| 119744 | M | Aug 12-26 | 5:30-6:15pm | 4\$47 |

STRENGTH AND CORE ♥♥

Sweat and sculpt your way to a strong core in this strength based fitness class and leave feeling strong and centered. This class focuses on strengthening all the muscles of your core, including the abdominals, back, hips, and glutes.

SAANICH COMMONWEALTH PLACE

[Jennifer Ablack](#)

| | | | | |
|--------|---|--------------|--------|--------|
| 108447 | W | May 8-Jun 19 | 9-10am | 7/\$63 |
|--------|---|--------------|--------|--------|

STRETCH AND STRENGTH 50+YRS ♥♥

OLDER ADULT FRIENDLY

Stretch, strengthen and increase your core stability using hand weights, stability balls, tubing, balance boards and body bars. This class is designed for the already active 50+ participant who can get up and down to the floor safely.

SAANICH COMMONWEALTH PLACE

Pam Glover

107478 M May 6-Jun 17 11:30am-12:30pm 6/\$54
115975 M Jul 8-Aug 26 11:30am-12:30pm 7/\$63

Pat Rhodes

107477 W May 8-Jun 19 11:30am-12:30pm 7/\$63
116011 W Jul 3-Aug 28 11:30am-12:30pm 9/\$81

Wanda Hanna

107479 F May 10-Jun 21 11:30am-12:30pm 7/\$63
116012 F Jul 5-Aug 30 11:30am-12:30pm 9/\$81

SWIMFIT PLUS ♥♥

Swim your best this year! All levels of swimmers are welcome. Become a better swimmer - this is the best place to do it! Based on a structured swim progression and includes stroke improvement. Great for Master swimmers, triathlon or just for fitness! Designed and lead by certified coaches.

SAANICH COMMONWEALTH PLACE

Paul Regensburg - Pinnacle Fitness

116530 M Jul 8-Aug 26 7:45-8:45pm 7/\$137
116526 Tu,Th Jul 2-Aug 29 12-1pm 18/\$179
116527 Tu,Th Jul 2-Aug 29 7:45-8:45pm 18/\$179
116525 M,W Jul 1-Aug 28 12-1pm 18/\$179

TOTAL BODY WORKOUT ♥♥

Join these fun total-body shaping workouts to increase your strength, elevate your cardio, and build your core, endurance and flexibility! Be prepared to work hard and be challenged in a noncompetitive environment.

SAANICH COMMONWEALTH PLACE

Rachel Houle

107434 M May 6-Jun 17 7:15-8:15pm 6/\$54
115976 M Jul 8-Aug 26 7:15-8:15pm 7/\$63

Ann Bookman

107437 Tu May 7-Jun 18 9:10-10am 7/\$63

Jan Del Mistro

107435 F May 10-Jun 21 9:10-10:10am 7/\$63

TRX SUSPENSION TRAINING WORKOUT ♥♥

TRX Suspension Training is a bodyweight resistance system that is easily modified for all fitness levels. This program provides total-body strengthening in an innovative and fun format. Options provided for all levels.

SAANICH COMMONWEALTH PLACE

107433 F May 10-Jun 21 10:30-11:20am 7/\$76

WEIGHT ROOM ORIENTATION ♥ OLDER ADULT FRIENDLY

Familiarize yourself with our facility and get an overview of the basics of strength training. Safe use of equipment and etiquette are important to us. An orientation is recommended before using the weight room.

Youth 13-15 years and Seniors 60+ years are free.

Book online or call reception at 250-475-7600 to register.

SAANICH COMMONWEALTH PLACE

Tue 5:30-6:30pm

Wed 5:30-6:30pm

Sun 11:30am-12:30pm

Fri 8:30-9:30am 60yrs+ ONLY

WEIGHT TRAINING - SMALL GROUP 50YRS+ ♥

In this small group format you'll learn proper techniques for strength training in the weight room, including safely improving your core, stamina, and flexibility. Suitable for all levels. (Max of 6:1 ratio).

SAANICH COMMONWEALTH PLACE

Troy Urlacher

OLDER ADULT FRIENDLY

116213 Tu Jul 2-30 11am-12pm 5/\$59
116798 Tu Aug 6-27 11am-12pm 4/\$47
116214 Th Jul 4-Aug 1 11am-12pm 5/\$59
116799 Th Aug 8-29 11am-12pm 4/\$47
116215 F Jul 5-Aug 2 10:15-11:15am 5/\$59
116800 F Aug 9-30 10:15-11:15am 4/\$47

YOGA - BEND IT LIKE PECKHAM

The essence of yoga practice is balance in our lives and being present to the moment. Designed for those with some experience, this practice covers standing poses, leg stretches, simple backbends, hip openers, spinal twists, and restorative poses. Breath awareness and deep relaxation are also emphasized. Evening classes are gentle and welcome all levels.

SAANICH COMMONWEALTH PLACE

Mary Elizabeth Peckham

GENTLE ♥

108942 W May 8-Jun 26 5:15-6:30pm 8/\$110

INTERMEDIATE ♥♥

108946 W May 8-Jun 26 11am-12:30pm 8/\$132

INTENSITY LEVEL GUIDE

All classes welcome participants 13yrs+. For your convenience we have listed the intensity level beside the class. Modifications can be shown in all classes.

♥ Suitable for everyone from beginners to advanced, emphasizing fun and effective workouts; challenging options for experienced participants.

♥♥ Suitable for participants ready to improve technique and increase intensity while still emphasizing proper form. Best suited for individuals who are already active.

♥♥♥ Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.



OPTION OF EXERCISING WHILE SEATED

YOGA - EMPOWER FLOW ♥

Deepen your capacity and condition for regular practice by exploring similar movements, related poses, or themes for one month. Infused with inspiration, this flowing practice incorporates creative sequencing grounded in functional anatomy, helps to connect breath and movement, builds strength and encourages you to embrace your divinity. Some yoga experience recommended.

SAANICH COMMONWEALTH PLACE

[Andrea Ting-Luz](#)

108563 Tu May 7-Jun 25 5-6:15pm 8/\$110

YOGA - EVENING FLOW ♥♥

Unwind your day with a dynamic sequence of postures to build heat through the breath and movement of the body, and then settle into a quiet series of finishing poses to rinse out and re-balance from the day. Some yoga experience helps, but modifications will be provided.

SAANICH COMMONWEALTH PLACE

[Julia Vosburgh](#)

108934 W May 1-Jun 26 7:15-8:15pm 9/\$99

YOGA FLOW ♥

Experience a mindful class that begins by uniting breath, mind, and movement. The practice gracefully transitions from one pose to another, creating fluid movement sequences, culminating in a serene relaxation during savasana.

SAANICH COMMONWEALTH PLACE

[Kelly Urquhart](#)

115980 F Jul 5-Aug 30 1-2:15pm 8/\$110

YOGA - GROUNDING ♥

Research shows that grounding has many benefits, including reduced inflammation and pain, better sleep, improved response to trauma, and improved blood flow. Grounding also creates a balancing effect on the autonomic nervous system. This practice will incorporate grounding into your daily routine, with profound benefits on physiological and emotional stress and a normalizing influence on cortisol and tension. Participants must be able to move from standing to mat work and back independently.

SAANICH COMMONWEALTH PLACE

[Mary Elizabeth Peckham](#)

115917 W Jul 3-Aug 14 5:15-6:30pm 7/\$110

YOGA HATHA ♥

This synchronized practice of breath and movement along with strengthening poses, make Hatha yoga a well rounded approach to promoting both physical and mental health. It's a practice that encourages balance, mindfulness, and a sense of overall well-being.

SAANICH COMMONWEALTH PLACE

[Jewel Dubuc](#)

116108 M Jul 8-Aug 12 7:30-8:30pm 5/\$55

YOGA - HATHA FLOW ♥

By combining movement and alignment with deep breathing, this practice can improve balance, core strength, flexibility, posture and strength. Great for stress, pain management and building confidence.

CORDOVA BAY 55 PLUS ASSOCIATION

[Tessa Rae Hamelin](#)

105944 M Jul 8-Aug 26 5:30-6:45pm 6/\$83

YOGA - IYENGAR - ALL LEVELS ♥

This class is active and challenging in a good way. It is not for students with serious physical limitations. Iyengar yoga can be adapted for all bodies with the use of props and focus on alignment. Learn to reduce stress and to improve your posture, breath function and self-awareness.

SAANICH COMMONWEALTH PLACE

[Ty Chandler](#)

109020 Th May 16-Jun 20 5-6:15pm 6/\$83

YOGA - STRENGTH AND EASE ♥ OLDER ADULT FRIENDLY

Create a strong practice that builds subtlety over force. This all-levels class offers modifications to intelligently activate your alignment, making your poses efficient and effective. Students should be able to get up and down from the floor easily for this class. Yogis will focus on breath, asana, and meditation to support a lifelong practice.

SAANICH COMMONWEALTH PLACE

[Kelly Urquhart](#)

115979 Tu Jul 2-Aug 27 11:30am-12:30pm 8/\$88

YOGA AND MOBILITY FOR 55yrs+ ♥

OLDER ADULT FRIENDLY

Gentle Hatha yoga combined with creative somatic movements encourages and enhances mobility. We'll explore balance and range of motion while building strength to move with ease. Students should be able to get up and down from the floor easily. Meditation and relaxation techniques will be offered.

SAANICH COMMONWEALTH PLACE

[Kelly Urquhart](#)

115982 Tu Jul 2-Aug 27 12:45-1:45pm 8/\$88

HOW TO REGISTER

ONLINE at Saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our

4 Recreation Centres



YOGA FOR A SOLID FOUNDATION ♥

A Hatha yoga class accessible to all levels of practice. Each class is designed to build better body awareness and conditioning through intentional movement. Poses will often be held for extended periods of time, creating a focus on alignment and release into the present moment. Modifications are provided to support the uniqueness of each body.

SAANICH COMMONWEALTH PLACE

Jewel Dubuc

108602 M May 6-Jun 24 7:30-8:30pm 7/\$77

YOGA THERAPY FOR GRACEFUL AGING ♥

OLDER ADULT FRIENDLY

Designed through a therapeutic lens for graceful aging. Gentle movement nourishes joints and fascia, benefiting people with persistent pain, chronic health conditions, arthritis, and those dealing with chronic inflammation and stress. You will learn gentle and safe movements, breath awareness, and relaxation from a compassionate, certified yoga therapist.

SAANICH COMMONWEALTH PLACE

Rena Sinstadt

108928 Tu May 7-Jun 25 3:45-4:45pm 8/\$110

YOGA PILATES FITNESS FUSION ♥♥

A fusion of yoga and mat Pilates, this fun class inspires the mind-body connection. Strengthen, lengthen, and stretch your whole body in this class as you improve posture and build a strong, stable core. This flow-style class welcomes all levels.

SAANICH COMMONWEALTH PLACE

Talia Boughton

107427 Su May 12-Jun 23 11am-12pm 7/\$77

116021 Su Jul 7-21 11am-12pm 3/\$33



ZUMBA FITNESS

Zumba fitness classes take the “work” out of “working out” by combining amazing, irresistible Latin and international music with dynamic, yet simple exercise moves. Even if you have two left feet, you’ll love attending Zumba fitness classes.

SAANICH COMMONWEALTH PLACE

Samantha Avis

107426 Th May 9-Jun 20 10:30-11:30am 7/\$84

115977 F Jul 5-26 6:15-7:15pm 4/\$48

116014 F Aug 2-30 6:15-7:15pm 5/\$60

HOW TO REGISTER

ONLINE at Saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our

4 Recreation Centres



INTENSITY LEVEL GUIDE

All classes welcome participants 13yrs+. For your convenience we have listed the intensity level beside the class. Modifications can be shown in all classes.

♥ Suitable for everyone from beginners to advanced, emphasizing fun and effective workouts; challenging options for experienced participants.

♥♥ Suitable for participants ready to improve technique and increase intensity while still emphasizing proper form. Best suited for individuals who are already active.

♥♥♥ Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.



OPTION OF EXERCISING WHILE SEATED