

Reserved Drop-in Cycle Schedule (13+yrs)

Effective: September 8th – December 20th 2026

Schedule is subject to change

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle Fit	6:15–7:05am SCP 10:30-11:20am SCP 6-6:50pm PKS	6:10-7am PKS 5-5:50pm PKS	6:15-7am GHRC 8-8:50am SCP	9:10–10:00am SCP 5-5:50pm PKS 6:30-7:20pm SCP	8–8:50am SCP	8:30-9:20am PKS	9:30-10:20am SCP
Cycle & Core		9:10-10am SCP	6:15–7:05am SCP 9:10-10am PKS				
Cycle & Strength	5:30-6:30pm GHRC	8:45-9:45am GHRC 6:30-7:20pm SCP	5:40-6:30pm SCP	6:15-7:15am GHRC 12:45-1:35pm SCP 5:45-6:45pm GHRC	9:10-10:00am PKS	9:10–10am SCP	
Cycle & Stretch			9:15-10:15am GHRC 6-6:50pm PKS				

GHRC = Gordon Head Recreation Centre | PKS = Pearkes Recreation Centre | SCP = Saanich Commonwealth Place

Notes and Information:

- Reservations can be made as early as 7 days in advance at 7:30am.
- Find our live schedule and register at saanich.ca/recreation or call any Saanich Recreation Centre.
- All classes welcome participants 13yrs+
- No classes on statutory holidays: Sep 7, Sep 30, Oct 12, Nov 11

Cycle Fit: ❤️ ❤️

Come and challenge yourself in this cycling class, including: intervals, drills, sprints and climbs both in and out of the saddle.

Cycle & Core: ❤️ ❤️

This class begins with approximately 30 minutes on the Keiser spin bike followed by core training that focuses on the lower back, hips, and abdominals; and important part of every fitness program.

Cycle & Strength: ❤️ ❤️

This class begins with approximately 30 minutes on the Keiser spin bike followed by strength training exercises; a key component for overall fitness.

Cycle & Stretch: ❤️ ❤️

This class begins on the Keiser spin bike followed by 15 minutes of energizing stretches to help your body rest after the workout.

