

Reserved Drop-in Fitness

Effective: Sep 2 – Dec 19, 2025

Schedule is subject to change

PROGRAM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hi Lo <i>Gymnasium</i> ♥♥			9-10am		8:40-9:35am		9-10am	
Strength & Stretch <i>Gymnasium</i> ♥			10:15-11:15am		10:15-11:15am			
Basic Yoga <i>Multipurpose Room</i> ♥			5-6pm					9:30-10:30am
Body Sculpt <i>Multipurpose Room</i> ♥♥					9-10am <i>Begins Sep 11</i>			
Notes & Information:	- Reservations can be made as early as 7 days in advance at 7:30am. - Register online at saanich.ca/recreation or call 250-475-7121. - No classes will be held on the statutory holiday dates listed below: - Monday September 1 - Tuesday September 30 - Monday October 13 - Tuesday November 11 - No Reserved Drop-In Basic Yoga on Sunday October 12. - All classes welcome participants 13yrs+ - Check out our live schedule at saanich.ca/recreation 							

Intensity Level Guide

♥	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 those who are already active.

Basic Yoga	♥	Familiarize yourself with yoga and practice fundamental postures. This is not a progressive class.
Body Sculpt	♥♥	This full body workout uses weights, tubing, bands to promote muscle strength and endurance by targeting all muscle groups.
Hi Lo	♥♥	A moderate intensity with 20-30 minute cardio portion with low impact modifications shown. Toning exercises and stretching are included in this well-rounded class.
Strength & Stretch	♥	Develop strength, balance and core stability using minimal equipment, followed by a full body stretch. This class is designed for the already active participant who can get up from and down to the floor safely. Participants must bring their own mat.