Cedar Hill Recreation Centre

Reserved Drop-in Fitness

☎ 250-475-7121

Effective: Sep 8 – Dec 18, 2026

Schedule is subject to change

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hi Lo ♥♥ *Gymnasium*		**9-10am**		**8:40-9:35am**		**9-10am**	
Strength & Stretch ♥ *Gymnasium*		**10:15-11:15am**		**10:15-11:15am**			
Basic Yoga ♥ *Multipurpose Room*		**5-6pm**	**6:45-7:45am**				**9:30-10:30am** *9:15-10:15am for all of Nov.*
Body Sculpt ♥♥ *Multipurpose Room*				**9-10am**			

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.
- Please bring an exercise mat to class.
- No classes will be held on the statutory holidays.
- All classes welcome participants 13yrs+
- Check out our live schedule at saanich.ca/recreation

Saanich PARKS, RECREATION & COMMUNITY SERVICES

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, and 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.