

Reserved Drop-in Fitness

Effective: Sep 8 – Dec 18, 2026

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	6:45-7:45am				9:30-10:30am
Body Sculpt <i>Multipurpose Room</i> ♥ ♥				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. - No basic yoga will be offered on Sunday September 29 or October 11. - 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, 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.