


Reserved Drop-in Fitness

Effective: Apr 2 – Jun 30, 2024

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	
Notes & Information:	<ul style="list-style-type: none"> Reservations can be made as early as 7 days in advance at 8:30am. Register online at saanich.ca/recreation or call 250-475-7121. No classes will be held on the statutory holidays listed below: Monday May 20 – Victoria Day 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.
Hi Lo ♥♥	A moderate intensity with 20-30 minute cardio portion with low impact modifications shown. Toning exercises and stretching 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.