

Reserved Drop-in Fitness

Effective: Jun 28 – Aug 31, 2025

Schedule is subject to change

PROGRAM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Partyfit <i>Dance Studio</i> ♥♥					5:30-6:30pm			
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 (July ONLY)
Notes & Information:	<ul style="list-style-type: none"> 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. Cedar Hill Recreation Centre stat holiday hours: Monday Aug 4 – BC Day – CLOSED Monday Sep 1 – Labour Day – 9am-4:30pm No Basic Yoga June 29, August 26. Basic Yoga on Sundays will only be offered through July. 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.
Partyfit ♥♥	The ultimate high-intensity, high energy, dance fitness workout is designed to increase participants' fitness levels, mixing strength, cardio, balance and core exercises with fun and simple dance moves. No prior dance experience required and all fitness levels welcome.
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.