


# Reserved Drop-in Fitness

Effective: Jan 2 – Jun 26, 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					9:30-10:30am
Body Sculpt <i>Multipurpose Room</i> ♥♥					9-10am			
Core and More <i>Multipurpose Room</i> ♥♥			8-8:50am					
Notes & Information:	<ul style="list-style-type: none"> <li>Reservations can be made as early as 7 days in advance at 7:30am.</li> <li>Register online at <a href="http://saanich.ca/recreation">saanich.ca/recreation</a> or call 250-475-7121.</li> <li>No classes will be held on the statutory holiday dates listed below: <ul style="list-style-type: none"> <li>Monday February 16</li> <li>Monday April 6</li> <li>Monday May 18</li> </ul> </li> <li>No basic yoga will be offered on Sunday February 15, April 5 or May 17.</li> <li>All classes welcome participants 13yrs+</li> <li>Check out our live schedule at <a href="http://saanich.ca/recreation">saanich.ca/recreation</a></li> </ul> 							

## 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.
Core and More	♥	Focus on strengthening your abdominal area lower back and glutes. A variety of equipment is used in this class.
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.