Cedar Hill Recreation Centre

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 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					9:30-10:30am
Body Sculpt Multipurpose Room	••				9-10am			
Core and More Multipurpose Room	•••		8-8:50am					
		 Reservations can be made as early as 7 days in advance at 7:30am 						

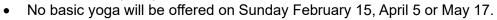
Notes & Information:

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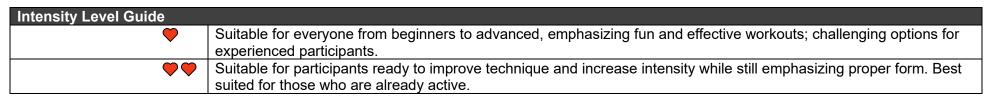
- Register online at saanich.ca/recreation or call 250-475-7121.
- No classes will be held on the statutory holiday dates listed below:

Monday February 16 Monday April 6

Monday May 18



- All classes welcome participants 13yrs+
- Check out our live schedule at <u>saanich.ca/recreation</u>



Basic Yoga	\(\psi\	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	\(\phi\)	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	\(\phi\)	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.		