

Reserved Drop-in Fitness

Effective: Apr 2 – Jun 16, 2024

Schedule is subject to change

PROGRAM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle Fit <i>Auditorium</i>	♥♥	6:15-7am	6:15-7am	6:15-7am	6:15-7am	6:15-7am		
Core & More <i>Dance Studio</i>	♥			8-8:50am		8-8:50am		
HIGH Low <i>Dance Studio</i>	♥♥♥				8:30-9:15am			
Circuit <i>Auditorium</i>	♥♥	9-10am				9-10am	8:45-9:45am	
Cycle & Power Yoga <i>Auditorium</i>	♥♥	5:30-6:45pm						
Basic Yoga <i>Auditorium</i>	♥					5:30-6:30pm		
HIIT Express <i>Dance Studio</i>	♥♥	7-7:45pm	9-9:45am	9-9:45am				

Notes & Information:

- Reservations can be made as early as 7 days in advance at 8:30am.
- Effective Jun 24, reservations can be made as early as 7 days in advance at 7:30am.
- Register online at saanich.ca/recreation or call 250-475-7100.
- 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.
♥♥♥	Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

Basic Yoga	♥	Familiarize yourself with yoga and practice fundamental postures. This is not a progressive class.
Circuit	♥♥	If you get bored trotting along in your same old routine, circuit training can fix that. Build muscle, tone and get a cardio workout too! The exercise options are endless! This class takes place in our auditorium; please bring your own mat.
Core and More	♥	Focus on strengthening your core abdominal area, lower back and glutes. A variety of exercise equipment is used in this class that is suitable for everyone.
Cycle Fit	♥♥	Come and challenge yourself in this cycling class, including intervals, drills, sprints and climbs both in and out of the saddle. Motivational music will keep you energized on the Keiser spin bike during the entire class.
Cycle and Power Yoga	♥♥	Spend the first half of this class with challenging speed and strength drills on the Keiser spin bike and the second half with vibrant power flow yoga to condition the whole body.
HIGH Low	♥♥♥	Get movin' and shaking' in this high energy, choreographed, body weight workout for a super fun new take on your old school aerobics classics. This is a lower impact version of our HIGH Fit class from the HIGH Fitness franchise.
HIIT Express	♥♥	Participate in this express class with short periods of high intensity exercise followed by less intense recovery periods. The bursts of intensity will burn fat and increase metabolism long after the workout. You set your own level of intensity.