

# Reserved Drop-in Cycle Schedule (13+yrs)

Effective: September 8<sup>th</sup> – December 20<sup>th</sup> 2026*Schedule is subject to change*

| PROGRAM          | MONDAY                                  | TUESDAY                                                | WEDNESDAY                               | THURSDAY                                                          | FRIDAY              | SATURDAY            | SUNDAY              |
|------------------|-----------------------------------------|--------------------------------------------------------|-----------------------------------------|-------------------------------------------------------------------|---------------------|---------------------|---------------------|
| Cycle Fit        | 10:15-11:05am<br>SCP<br>6-6:50pm<br>PKS | 6:15-7am<br>GHRC<br>6:10-7am<br>PKS<br>5-5:50pm<br>PKS | 8-8:50am<br>SCP                         | 9-9:50am<br>SCP<br>5-5:50pm<br>PKS<br>6:30-7:20pm<br>SCP          | 9:15-10:05am<br>SCP | 8:30-9:20am<br>PKS  | 9:30-10:20am<br>SCP |
| Cycle & Core     |                                         | 9:00-10:00am<br>SCP                                    | 9:10-10am<br>PKS                        |                                                                   |                     |                     |                     |
| Cycle & Strength | 5:30-6:30pm<br>GHRC                     | 8:45-9:45am<br>GHRC<br>6:30-7:30pm<br>SCP              | 5:40-6:40pm<br>SCP                      | 6:15-7:15am<br>GHRC<br>12:45-1:45pm<br>SCP<br>5:45-6:45pm<br>GHRC | 9:10-10:00am<br>PKS | 9:00-10:00am<br>SCP |                     |
| Cycle & Stretch  | 8-8:50am<br>PKS                         |                                                        | 9:15-10:15am<br>GHRC<br>6-6:50pm<br>PKS |                                                                   |                     |                     |                     |

GHRC = Gordon Head Recreation Centre | PKS = Pearkes Recreation Centre | SCP = Saanich Commonwealth Place

## Notes and Information:

- Reservations can be made as early as 7 days in advance at 7:30am.
- Find our live schedule and register at [saanich.ca/recreation](http://saanich.ca/recreation) or call any Saanich Recreation Centre.
- All classes welcome participants 13yrs+
- No classes on statutory holidays: Sep 7, Sep 30, Oct 12, Nov 11

|                                    |                                                                                                                                                                                                      |
|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Cycle Fit:</b> ❤️ ❤️            | Come and challenge yourself in this cycling class, including: intervals, drills, sprints and climbs both in and out of the saddle.                                                                   |
| <b>Cycle &amp; Core:</b> ❤️ ❤️     | This class begins with approximately 30 minutes on the Keiser spin bike followed by core training that focuses on the lower back, hips, and abdominals; and important part of every fitness program. |
| <b>Cycle &amp; Strength:</b> ❤️ ❤️ | This class begins with approximately 30 minutes on the Keiser spin bike followed by strength training exercises; a key component for overall fitness.                                                |
| <b>Cycle &amp; Stretch:</b> ❤️ ❤️  | This class begins on the Keiser spin bike followed by 15 minutes of energizing stretches to help your body recover and rest after the workout.                                                       |

