

# Saanich Recreation - CYCLE - Reserved Drop-In (13yrs+)

Sept 18 - Dec 22 2023

| PROGRAM                     | MONDAY  | TUESDAY                       | WEDNESDAY                     | THURSDAY   | FRIDAY           | SATURDAY        | SUNDAY |
|-----------------------------|---|-------------------------------|-------------------------------|--|------------------|-----------------|--------|
| <b>Cycle Fit</b>            | 6:15-7am GHRC<br>10:30-11:20am SCP<br>6-6:55 pm PKS   | 7:15-8am GHRC<br>5-5:50pm PKS | 6:15-7am GHRC<br>8-8:50am SCP | 7:15-8am GHRC<br>5-5:50pm PKS<br>6:30-7:20pm SCP | 6:15-7am GHRC    | 8:30-9:25am PKS |        |
| <b>Cycle &amp; Core</b>     |   | 9:10-10am SCP                 | 9:15-10:10am PKS              |  |                  |                 |        |
| <b>Cycle &amp; Strength</b> |   | 6:25-7:15pm SCP               |                               |  | 9:15-10:10am PKS |                 |        |
| <b>Cycle &amp; Stretch</b>  |   |                               | 6-6:55pm PKS                  |  |                  |                 |        |
| <b>Cycle HIIT</b>           |   |                               |                               |  | 4:30-5:15pm PKS  |                 |        |
| <b>Program Descriptions</b> | <p><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. Motivational music will keep you energized on the Keiser spin bike during the entire class.</p> <p><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; an important part of every fitness program.</p> <p><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.</p> <p><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.</p> <p><b>CYCLE HIIT:</b> Get the most out of your time in this HIIT, cycle class. You will ride on a Keiser spin bike through quick rounds of sprints followed by short recovery periods resulting in big fitness gains.</p> |                               |                               |  |                  |                 |        |

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

Fees: Adult \$7.25 Adult 60+/Student \$6.50 Youth 13-18 \$4.25

Or use your Saanich Access Pass!

## All Fitness Levels Welcome!

All of our Cycle classes are designed so that you have control over the intensity level

**Reserve your spot up to 7 days in advance starting at 8:30am.**

Reserve by phone, in person, or online.