

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

Jan 2 - June 28 2024

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycle Fit</b>	6:15-7am GHRC 10:30-11:20am SCP 6-6:55 pm PKS	6:15-7am GHRC 5-5:50pm PKS	6:15-7am GHRC 8-8:50am SCP	6:15-7am GHRC 5-5:50pm PKS 6:30-7:20pm SCP	6:15-7am GHRC	8:30-9:25am PKS	
<b>Cycle &amp; Core</b>		9:10-10am SCP	9-10:10am PKS				
<b>Cycle &amp; Strength</b>		6:25-7:15pm SCP		11:45am-12:35pm SCP	9:15-10:10am PKS		
<b>Cycle &amp; Stretch</b>			6:10-7:05pm PKS				
<b>Cycle &amp; Power Yoga</b>	5:30-6:45pm GHRC						

**Program Descriptions**

**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 & CORE:** 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.

**CYCLE & STRENGTH:** This class begins with approximately 30 minutes on the Keiser spin bike followed by strength training exercises; a key component for overall fitness.

**CYCLE & STRETCH:** 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.

**CYCLE HIIT:** 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.

GHRC = Gordon Head Recreation Centre | PKS = Parkes 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.