

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

Jan-Jun 2023

Fee Information: [Access Passes](#) | [District of Saanich](#)

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycle Fit</b>	10:30-11:20 am SCP 6:15-7:00 am GHRC 6:00-6:55 pm PKS	6:15-7:05am SCP 5:00-5:50 pm PKS	6:15-7:00 am GHRC	5:00-5:50 pm PKS 6:30-7:20 pm SCP		8:30-9:25am PKS	
<b>Cycle &amp; Core</b>		9:10-10:00 am SCP	9:15-10:10 am PKS				
<b>Cycle &amp; Strength</b>		6:30-7:20 pm SCP		6:00-7:00 pm GHRC	9:15-10:10 am PKS		
<b>Cycle &amp; Stretch</b>			6:00-6:55 pm PKS				
<b>Cycle HIIT</b>					4:30-5:15 pm 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

## All Fitness Levels Welcome!

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

Use your  
Access  
Pass to  
Drop In!

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

Reserve by phone, in person, or online.