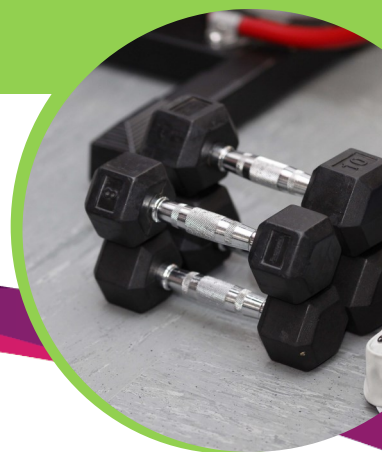


HEALTH & FITNESS PROGRAMS

Fall 2025



HEALTH & FITNESS - EDUCATION

BEYOND CANCER (ONLINE)

It's common to feel stuck, out-of-sorts, or easily stressed after cancer. In Class 1, join us to review a framework to support your coping and recovery. Community and web-based programs will be discussed and two skills will be practiced. In Class 2, you will learn and practice several skills to calm your body, mind, and emotions.

ZOOM

Marita Poll/Ginette Lussier

DEVELOP YOUR OWN COPING PLAN

146339 F Nov 14 10am-12pm \$50

SKILLS TO CALM BODY, MIND AND EMOTION

146341 F Nov 21 10am-12pm \$50

NORDIC POLE WALKING - INTRODUCTION

Learn the basics of Nordic pole walking with a short video presentation, instructions and practical experience to familiarize and gain proficiency with walking with poles. Some walking poles will be available or participants can bring their own.

SAANICH COMMONWEALTH PLACE

144683 Sa Oct 11 1-2:30pm \$15

144684 Sa Oct 11 2:30-4pm \$15

HOW TO REGISTER

ONLINE at saanich.ca/Recreation
PHONE 250-475-7600

IN PERSON at any of our
4 Recreation Centres



HEALTH & FITNESS - GROUP FITNESS

20-20-20

This fun class is the total package. It starts with 20 minutes of warm-up and low-impact cardio, followed by 20 minutes of weightlifting using body weight and/or dumbbells, before finishing with 20 minutes of deep therapeutic stretching to release muscle tension, improve flexibility, and reduce stress.

SAANICH COMMONWEALTH PLACE

Rosalie Russo

145219 M Sep 15-Oct 27 2:15-3:15pm 6/\$57

146254 M Nov 3-Dec 15 2:15-3:15pm 7/\$67

AGING BACKWARDS **OLDER ADULT FRIENDLY**

This dynamic, full-body workout combines stretching and strengthening techniques made famous in the popular book and TV show. Engage all 650 muscles in your body! Relieve chronic aches and stiffness and increase your mobility and strength. Suitable for active adults of all ages.

SAANICH COMMONWEALTH PLACE

Justina Bailey

146824 Th Sep 18-Oct 30 9:15-10:15am 7/\$109

146826 Th Nov 6-Dec 18 9:15-10:15am 7/\$109

BABY AND ME CORE AND MORE

A safe core class for you to sculpt and strengthen your abdominals, lower back and glute muscles, with your baby by your side. Babies should not be older than 18mths.

SAANICH COMMONWEALTH PLACE


Jan Del Mistro


145246 Th Sep 18-Oct 30 11:45am-12:30pm 7/\$67


146294 Th Nov 6-Dec 18 11:45am-12:30pm 7/\$67

INTENSITY LEVEL GUIDE

All classes welcome participants 13yrs+. For your convenience we have listed the intensity level beside the class. Modifications can be shown in all classes.

 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 individuals who are already active.

 Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.



OPTION OF EXERCISING
WHILE SEATED

AIKIDO - SHIODA STYLE 12yrs+♥

Explore the martial art of Aikido and develop mind-body connection, fitness, balance and self-defense skills in a noncompetitive, collaborative partner practice. Circular movements redirect the body and energy of attackers with a focus on timing, control, and sensitivity. 10 class passes available: adult 10/\$100, student 10/\$80.

PROSPECT LAKE COMMUNITY HALL

Island Aikido

145242	Tu	Sep 9-Oct 28	7-8:30pm	7/\$70
145243	Th	Sep 11-Oct 30	7-8:30pm	8/\$80
145244	Su	Sep 14-Nov 2	10:30am-12pm	8/\$80
146290	Tu	Nov 4-Dec 16	7-8:30pm	6/\$60
146292	Th	Nov 6-Dec 18	7-8:30pm	7/\$70
146293	Su	Nov 9-Dec 14	10:30am-12pm	6/\$60

BALANCE AND STRENGTH ♿♥

These strength-based exercises on and around the chair help improve your balance, coordination and stability so you can enjoy your regular activities without fear of falling or injury.

SAANICH COMMONWEALTH PLACE

Anne Casey

145247	F	Sep 19-Oct 31	1:15-2:15pm	7/\$67
146295	F	Nov 7-Dec 12	1:15-2:15pm	6/\$57

BODY SHOP ♥

Improve your muscle activation and endurance in this functional group fitness class. Challenge yourself while you focus on technique, core stamina, agility, and flexibility.

PROSPECT LAKE COMMUNITY HALL

Donna Renaud

145258	W	Sep 17-Oct 29	9-10am	7/\$67
146307	W	Nov 5-Dec 17	9-10am	7/\$67

Jennifer Ablack

145257	M	Sep 15-Oct 27	9-10am	6/\$57
146306	M	Nov 3-Dec 15	9-10am	7/\$67

BODY WORKS ♥

Build a body that works better in this great new group exercise class. Using a variety of equipment and body weight exercises, this class will strengthen your whole body while focusing on form, core strength, balance, stability and mobility. Options provided for all levels.

SAANICH COMMONWEALTH PLACE

Donna Renaud

145259	Su	Sep 21-Nov 2	11:45am-12:45pm	7/\$67
146309	Su	Nov 9-Dec 14	11:45am-12:45pm	6/\$57

BOXING ♥

Punch up your fitness routine! Learn boxing techniques and conditioning drills while getting a full-body workout. We focus on proper form and technique, helping improve muscle memory, coordination, strength, balance, and endurance and decreasing your risk of injury. Taught by a real boxing coach, this fun, exciting workout gets results.

SAANICH COMMONWEALTH PLACE

Don Ouelette

145265	M	Sep 15-Oct 27	7:45-8:45pm	6/\$66
145263	F	Sep 19-Oct 31	5:45-7pm	7/\$97
146315	M	Nov 3-Dec 15	7:45-8:45pm	7/\$77
146314	F	Nov 7-Dec 12	5:45-7pm	6/\$83

50YRS+

145261	Su	Sep 21-Nov 2	8:15-9:15am	7/\$77
146312	Su	Nov 9-Dec 14	8:15-9:15am	6/\$66

CARDIO KICK ♥♥

This medium-to-high-intensity total-body workout combines kicks, punches, and conditioning exercises. The class is non-sparring but includes partner pad work. Have fun working up a sweat in the light-hearted atmosphere - no previous kickboxing experience required.

ROYAL OAK MIDDLE SCHOOL

Debbra Choo

145874	W	Sep 24-Dec 10	7:30-8:30pm	12/\$120
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EASY FIT ♿♥ OLDER ADULT FRIENDLY

Ease slowly and safely back into a gentle fitness routine. This class focuses on gradually improving your ability to move as the fitness instructor leads the class through easy strengthening and balance-building exercises. Includes 20+ minutes of standing exercises. Build confidence and become more fit in this supportive class.

SAANICH COMMONWEALTH PLACE

Catherine Hollett

145270	Tu	Sep 16-Oct 28	1:15-2:15pm	6/\$42
146320	Tu	Nov 4-Dec 16	1:15-2:15pm	6/\$42

FLEX AND FLOW ♥♥

Stretch, strengthen and stabilize your entire body in an invigorating muscle conditioning workout. A combination of yoga, Pilates, strength and flexibility exercises.

SAANICH COMMONWEALTH PLACE

Rachel Houle

145271	W	Sep 17-Oct 29	7:55-8:45am	7/\$67
146321	W	Nov 5-Dec 17	7:55-8:45am	7/\$67

INTENSITY LEVEL GUIDE

All classes welcome participants 13yrs+. For your convenience we have listed the intensity level beside the class. Modifications can be shown in all classes.

♥ 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 individuals who are already active.

♥♥♥ Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.



OPTION OF EXERCISING
WHILE SEATED

FLEXIBILITY AND CORE ♥

A fun fusion of stretch, balance and Pilates-inspired exercises, this rejuvenating class inspires the mind-body connection. Strengthen, lengthen, and stretch your whole body as you improve posture and build a strong, stable core. This flow-style class welcomes all levels.

SAANICH COMMONWEALTH PLACE

Wanda Hanna

145090 Tu Sep 16-Oct 28 5:45-6:40pm 6/\$57

145091 Tu Nov 4-Dec 16 5:45-6:40pm 6/\$57

FULL BODY WORKOUT (ONLINE) ♥

This full-body workout includes an eclectic mix of cardio, strength, balance, core, and stretch and is offered in a virtual format. Participate from home with just a mat, dumbbells (optional), and yourself! Beginners to advanced are welcome.

ZOOM

Janna Reimer; Fit to the Beat

145272 Su Sep 7-Sep 28 9:15-10:15am 4/\$27

145273 Su Oct 5-Oct 26 9:15-10:15am 4/\$27

146323 Su Nov 2-Nov 30 9:15-10:15am 5/\$34

146324 Su Dec 7-Dec 28 9:15-10:15am 4/\$27

KICKBOXING ♥♥

This fast-paced, fun, safe, empowering introductory kickboxing program will have your fists, feet and heart pumping like you never thought possible. Learn basic kickboxing techniques and conditioning drills to increase power, speed and agility.

SAANICH COMMONWEALTH PLACE

Don Ouelette

145241 W Sep 17-Oct 29 7:45-8:45pm 7/\$77

146325 W Nov 5-Dec 17 7:45-8:45pm 7/\$77

KICKBOXING/BOXING CORE ♥♥

While often neglected, core conditioning is essential for martial arts. A strong core transcends sports and improves everyday life. While this workout is designed to complement Saanich Commonwealth Place's kickboxing and boxing classes, it's open to anyone wanting to improve their core conditioning.

SAANICH COMMONWEALTH PLACE

Don Ouelette

145223 M Sep 15-Oct 27 8:45-9:15pm 6/\$33

145220 W Sep 17-Oct 29 8:45-9:15pm 7/\$39

146328 M Nov 3-Dec 15 8:45-9:15pm 7/\$39

146326 W Nov 5-Dec 17 8:45-9:15pm 7/\$39

ROWING - INDOOR - SMALL GROUP 13yrs+ ♥♥

Improve your fitness and have fun with classes on the Concept2RowErg. This small class offers individual attention on proper rowing form along with a complete aerobic interval workout. All levels and ages are welcome.

SAANICH COMMONWEALTH PLACE

Trish Mara

147128 Sa Sep 6-Oct 25 11:30am-12:30pm 8/\$108

147383 Sa Nov 1-Dec 13 11:30am-12:30pm 7/\$95

147127 M Sep 8-Oct 27 5:30-6:30pm 7/\$95

147384 M Nov 3-Dec 15 5:30-6:30pm 7/\$95

STRENGTH AND CONDITIONING ♥♥

OLDER ADULT FRIENDLY

This class offers a variety of strength exercises and functional movement patterns specially designed for active individuals. Sessions incorporate balls, bands, weighted bars and dumbbells.

SAANICH COMMONWEALTH PLACE

Shannon Kirk

147131 Tu Sep 16-Oct 28 2-3pm 6/\$57

147386 Tu Nov 4-Dec 16 2-3pm 6/\$57

Jan Del Mistro

147130 Th Sep 18-Oct 30 2-3pm 7/\$67

147385 Th Nov 6-Dec 18 2-3pm 7/\$67

STRENGTH AND CORE ♥♥

Sweat and sculpt your way to a strong core, leaving feeling strong and centred. This class focuses on strengthening all the muscles of your core, including the abdominals, back, hips, and glutes.

SAANICH COMMONWEALTH PLACE

Jennifer Ablack

145232 W Sep 17-Oct 29 9-10am 7/\$67

146329 W Nov 5-Dec 17 9-10am 7/\$67

STRENGTH TRAINING CIRCUIT - SMALL GROUP ♥♥

This circuit class uses weights and strength equipment to focus on improving your strength, mobility, and power. The small group format of 6 participants allows for more individual coaching to better suit your individual needs. This class does not occur in the weight room.

SAANICH COMMONWEALTH PLACE

Rachel Houle

147132 M Sep 15-Oct 27 6:30-7:15pm 6/\$84

147387 M Nov 3-Dec 15 6:30-7:15pm 7/\$98

INTENSITY LEVEL GUIDE

All classes welcome participants 13yrs+. For your convenience we have listed the intensity level beside the class. Modifications can be shown in all classes.

♥ 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 individuals who are already active.

♥♥♥ Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.



OPTION OF EXERCISING
WHILE SEATED

STRENGTH TRAINING CIRCUIT - SMALL GROUP ♥♥ (WOMEN'S ONLY)

This women's-only circuit class uses weights and strength equipment to focus on improving strength, mobility, and power. The small group format of six participants allows for more personalized coaching to better suit individual needs. This class does not occur in the weight room.

SAANICH COMMONWEALTH PLACE

Rachel Houle

147133	M	Sep 15-Oct 27	5:30-6:20pm	6/\$84
147388	M	Nov 3-Dec 15	5:30-6:20pm	7/\$98

STRETCH AND STRENGTH ♥ OLDER ADULT FRIENDLY

Stretch, strengthen and increase your core stability using hand weights, stability balls, tubing, balance boards and body bars. This class is designed for the already active 50+ participant who can get up and down to the floor safely.

SAANICH COMMONWEALTH PLACE

Pam Glover

145234	M	Sep 15-Oct 27	11:30am-12:30pm	6/\$57
146332	M	Nov 3-Dec 15	11:30am-12:30pm	7/\$67

Pat Rhodes

145235	W	Sep 17-Oct 29	11:30am-12:30pm	7/\$67
146333	W	Nov 5-Dec 17	11:30am-12:30pm	7/\$67

Wanda Hanna

145538	F	Sep 19-Oct 31	11:30am-12:30pm	7/\$67
146334	F	Nov 7-Dec 12	11:30am-12:30pm	6/\$57

TOTAL BODY WORKOUT ♥♥

Join these fun total-body-shaping workouts to increase your strength, elevate your cardio, and build your core, endurance, and flexibility! Be prepared to work hard and be challenged in a non-competitive environment.

SAANICH COMMONWEALTH PLACE

Rachel Houle

145539	M	Sep 15-Oct 27	7:30-8:30pm	6/\$57
145088	M	Nov 3-Dec 15	7:30-8:30pm	7/\$67

Ann Bookman

145164	Tu	Sep 16-Oct 28	9:10-10am	6/\$57
146335	Tu	Nov 4-Dec 16	9:10-10am	6/\$57

Jan Del Mistro

145237	F	Sep 19-Oct 31	9:10-10:10am	7/\$67
146336	F	Nov 7-Dec 12	9:10-10:10am	6/\$57

TRX SUSPENSION TRAINING ALL LEVELS ♥♥

TRX Suspension Training is a bodyweight resistance system that is easily modified for all fitness levels. This program provides total-body strengthening in an innovative and fun format, with options for all levels.

SAANICH COMMONWEALTH PLACE

Ann B/ Donna R

145238	F	Sep 19-Oct 31	10:30-11:20am	7/\$77
146270	F	Nov 7-Dec 12	10:30-11:20am	6/\$66

ZUMBA FITNESS ♥

Zumba fitness classes take the work out of working out by combining amazing, irresistible Latin and international music with dynamic, yet simple exercise moves. Even if you have two left feet, you'll love attending Zumba fitness classes.

SAANICH COMMONWEALTH PLACE

Samantha Avis

146267	Th	Nov 6-Dec 18	10:30-11:30am	7/\$91
145169	Th	Sep 18-Oct 30	10:30-11:30am	7/\$91

HEALTH & FITNESS - WEIGHT ROOM

WEIGHT TRAINING - FIT AND IMPROVED ♥♥

Qualified trainers assist you in achieving your individual fitness goals, helping enhance your body composition, muscular strength, and flexibility. We'll monitor your progress to ensure optimal results. This small group class has a 4:1 ratio and includes a 10x SCP weight room pass valid for the duration of the program.

SAANICH COMMONWEALTH PLACE

Nina Baumbach

147125	M,W	Sep 3-Oct 29	6:30-7:30pm	16/\$272
147124	M,W	Sep 3-Oct 29	7:45-8:45pm	16/\$272
147126	M,W	Sep 3-Oct 29	8:50-9:50pm	16/\$272
147391	M,W	Nov 3-Dec 17	6:30-7:30pm	14/\$238
147390	M,W	Nov 3-Dec 17	7:45-8:45pm	14/\$238
147392	M,W	Nov 3-Dec 17	8:50-9:50pm	14/\$238

WEIGHT TRAINING - SMALL GROUP CIRCUIT ♥♥

Circuit training is an efficient method of improving your cardio, strength and endurance. This program is suitable for all levels, as progressions and regressions for all exercises will be taught.

SAANICH COMMONWEALTH PLACE

Tyson Roe

147123	Su	Sep 7-Oct 26	10-11am	8/\$112
147398	Su	Nov 2-Dec 14	10-11am	7/\$98

See the ADULT 50+ years section on page 7
for more WEIGHT ROOM & FITNESS classes

HEALTH & FITNESS - WELLNESS & REHAB

BUILD BETTER BONES ♿♥

Develop and maintain bone strength while working on fall prevention and reducing the risk of fractures through core strength training, balance exercises, and proper posture.

SAANICH COMMONWEALTH PLACE

Anne Casey

145266	M	Sep 15-Oct 27	2-3pm	6/\$57
145267	W	Sep 17-Oct 29	2-3pm	7/\$67
146316	M	Nov 3-Dec 15	2-3pm	7/\$67
146317	W	Nov 5-Dec 17	2-3pm	7/\$67

CHRONIC PAIN/MILD MOVEMENT CLASS ♥

A safe, mild exercise class for people living with chronic pain, fibromyalgia or for people looking for a gentle class. Ideal for those who are already mildly active. Chair exercises are provided as alternatives.

SAANICH COMMONWEALTH PLACE

[Diana Lewall](#)

145268	Tu	Sep 16-Oct 28	11:30am-12:30pm	6/\$57
145269	Th	Sep 18-Oct 30	11:30am-12:30pm	7/\$67
146318	Tu	Nov 4-Dec 16	11:30am-12:30pm	6/\$57
146319	Th	Nov 6-Dec 18	11:30am-12:30pm	7/\$67

FAME ♥ OLDER ADULT FRIENDLY

FAME (Fitness and Mobility Exercise) is for stroke survivors and those with conditions like Parkinson's, MS, and traumatic brain injuries. Focusing on functional strength, fitness, agility, and balance, FAME suits those who can stand for 5 minutes, walk for 10 metres (even with an aid), are medically stable, and can communicate with the instructor.

SAANICH COMMONWEALTH PLACE

[Anne Casey](#)

147361	Tu,F	Sep 23-Dec 9	1:15-2:15pm	21/\$315
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MOVING BEYOND CANCER ♥

Exercise has been proven to improve symptoms related to cancer at every stage of treatment and recovery. Two group fitness classes per week will empower you to feel your best while improving your strength, cardio, balance and flexibility in a supportive community environment. Modifications will be shown. Late registrations accepted and prorated.

SAANICH COMMONWEALTH PLACE

[Anne Casey](#)

145537	M,W	Sep 22-Dec 17	12:45-1:45pm	25/\$175
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HEALTH & FITNESS - YOGA, PILATES & BARRE

BARRE FITNESS ♥

An excellent regime of ballet, Pilates, yoga, strength and flexibility training using a ballet barre. This total body conditioning technique is a low-intensity workout that will transform and sculpt your entire body. Strong focus on postural strength and alignment. Open to all levels.

SAANICH COMMONWEALTH PLACE

[Kathleen Baker](#)

145255	M	Sep 15-Oct 27	7-7:50am	6/\$72
146303	M	Nov 3-Dec 15	7-7:50am	7/\$84

[Marilyn Wilson](#)

145253	M	Sep 15-Oct 27	5:30-6:30pm	6/\$72
146299	M	Nov 3-Dec 15	5:30-6:30pm	7/\$84

[Shannon](#)

145139	W	Sep 17-Oct 29	5:30-6:30pm	7/\$84
146298	W	Nov 5-Dec 17	5:30-6:30pm	7/\$84

[Ann Bookman](#)

145254	Th	Sep 18-Oct 30	9:10-10am	7/\$84
146302	Th	Nov 6-Dec 18	9:10-10am	7/\$84

PILATES PLUS - LEVEL 1 ♥

A scientific-based practice that features a strong clinical education component, facilitated by Joan Buna. Emphasis on the layers of the core, breathing and biomechanical alignments that reduce tension and influence patterns in the body. A simple but effective class to help you achieve a healthy lifestyle. No experience necessary.

SAANICH COMMONWEALTH PLACE

[Joan Buna](#)

146722	M	Sep 15-Oct 27	5:10-6:10pm	6/\$72
146727	M	Nov 3-Dec 15	5:10-6:10pm	7/\$84

PILATES PLUS - ONGOING ♥

This effective next-level program helps you achieve a healthy lifestyle, allowing you to do what you love to do.

SAANICH COMMONWEALTH PLACE

[Joan Buna](#)

146724	M	Sep 15-Oct 27	6:20-7:20pm	6/\$72
146725	M	Nov 3-Dec 15	6:20-7:20pm	7/\$84

YOGA - BEND IT LIKE PECKHAM ♥♥♥

The essence of yoga practice is balance in our lives and being present to the moment. Designed for those with some experience, this practice covers standing poses, leg stretches, simple backbends, hip openers, spinal twists, and restorative poses. Breath awareness and deep relaxation are also emphasized. Evening classes are gentle and welcome all levels.

SAANICH COMMONWEALTH PLACE

[Mary Elizabeth Peckham](#)

GENTLE

146987	W	Sep 17-Oct 29	5:15-6:30pm	7/\$105
146991	W	Nov 5-Dec 17	5:15-6:30pm	7/\$105

INTERMEDIATE

146993	W	Sep 17-Oct 29	11am-12:30pm	7/\$126
146995	W	Nov 5-Dec 17	11am-12:30pm	7/\$126

YOGA - CHAIR YOGA ♥ OLDER ADULT FRIENDLY

With emphasis on the breath, practice gentle postures and experience the many benefits of yoga, including a calmer, more focused mind, increased flexibility, better balance and strengthened muscles and nervous system.

SAANICH COMMONWEALTH PLACE

[Rena Sinstadt](#)

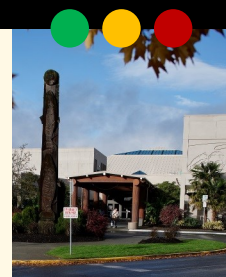
148208	W	Sep 17-Oct 29	1-1:45pm	7/\$63
148209	W	Nov 5-Dec 17	1-1:45pm	7/\$63

FACILITY STATUS

Know before you go!

If you are wondering if there are any closures at Saanich Commonwealth Place? View the operating status of any Saanich recreation facility on saanich.ca anytime. Bookmark the page today!

saanich.ca/status



YOGA FLOW ♥♥

Experience a mindful class that begins by uniting breath, mind, and movement. The practice gracefully transitions from one pose to another, creating fluid movement sequences, culminating in a serene relaxation during savasana.

SAANICH COMMONWEALTH PLACE

Julia Vosburgh

146831	W	Sep 17-Oct 29	7:15-8:15pm	7/\$84
146832	W	Nov 5-Dec 17	7:15-8:15pm	7/\$84

YOGA FLOW AND RESTORE ♥♥

Unwind your body and calm your mind in this soothing practice that begins with mindful flow and transitions into supported restorative poses with guided meditation to fully relax and reset.

SAANICH COMMONWEALTH PLACE

Rena Sinstadt

147072	Tu	Sep 16-Oct 28	5:15-6:15pm	6/\$72
147073	Tu	Nov 4-Dec 16	5:15-6:15pm	6/\$72

YOGA FOR EVERY BODY ♥

Move and stretch in this full-body revitalization class designed for every body. Cultivate strength, stability, and balance with options to personalize and develop your individual practice. Explore breathing and mindfulness practices to promote relaxation. Must be able to get up and down off the floor. Please bring a mat.

SAANICH COMMONWEALTH PLACE

Chandler McMurray-Ives

146702	F	Sep 19-Oct 31	8-9am	7/\$84
146721	F	Nov 7-Dec 19	8-9am	7/\$84

YOGA - HATHA FLOW ♥

By combining movement and alignment with deep breathing, this practice can improve balance, core strength, flexibility, posture and strength. Great for stress, pain management and building confidence.

CORDOVA BAY 55 PLUS ASSOCIATION

Tessa Rae Hartwig

144857	M	Sep 8-Oct 27	5:30-6:45pm	7/\$105
144858	M	Nov 3-Dec 15	5:30-6:45pm	7/\$105

YOGA - IYENGAR - ALL LEVELS ♥♥

This class is active and challenging in a good way. It is not for students with serious physical limitations. Iyengar yoga can be adapted for all bodies with the use of props and focus on alignment. Learn to reduce stress and to improve your posture, breath function and self-awareness.

SAANICH COMMONWEALTH PLACE

Ty Chandler

146827	Th	Sep 18-Oct 30	5-6:15pm	6/\$90
146829	Th	Nov 6-Dec 18	5-6:15pm	7/\$105

YOGA NIDRA 13yrs+ ♥

Yoga Nidra promotes physical, mental, and emotional relaxation. It can help relieve stress and burnout, improve sleep quality, overcome insomnia, anxiety, depression, and recover from trauma. The practice involves lying in a supported position and using meditation, guided therapeutic visualization, affirmations, and positive intention to achieve conscious relaxation.

SAANICH COMMONWEALTH PLACE

Yulia Bachurina

147371	M	Sep 15-Oct 27	7:30-8:30pm	6/\$72
147372	M	Nov 3-Dec 15	7:30-8:30pm	7/\$84

YOGA - PELVIC FLOOR ♥

In this fun, evidence-based therapeutic yoga series, we'll move, breathe, and build community while connecting with our hearts, cores, and pelvic floors. Explore the connection between body, mind, and nervous system, and how they collectively support the pelvic floor. Ideal for supporting pregnancy, postnatal healing, healthy aging, and menopause.

SAANICH COMMONWEALTH PLACE

Tamara Cleaver

147244	M	Sep 15-Oct 27	12:45-2pm	6/\$90
147245	M	Nov 3-Dec 15	12:45-2pm	7/\$105

YOGA PILATES FUSION ♥♥

A powerful fusion of yoga, Pilates, and traditional fitness training that enhances strength, muscle definition, flexibility and balance. The incorporation of breath control into seamless sequences promotes calorie burning and enhances overall mind-body wellness.

SAANICH COMMONWEALTH PLACE

Talia Boughton

145240	Su	Sep 21-Nov 2	11-11:50am	7/\$84
146268	Su	Nov 9-Dec 14	11-11:50am	6/\$72

YOGA - POWER ♥♥

Power yoga is a dynamic and fast-paced style of yoga that focuses on building strength and endurance. It's a great way to challenge yourself with a full-body workout while also improving your core strength, flexibility and balance.

SAANICH COMMONWEALTH PLACE

Talia Boughton

145239	Su	Sep 21-Nov 2	12-12:50pm	7/\$84
146269	Su	Nov 9-Dec 14	12-12:50pm	6/\$72

HOW TO REGISTER

ONLINE at saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our
4 Recreation Centres



PARKS, RECREATION
& COMMUNITY SERVICES

ADULT 50+ years
HEALTH & FITNESS - WEIGHT ROOM

ADULT 50+ years
HEALTH & FITNESS - WELLNESS & REHAB

WEIGHT ROOM ORIENTATION 60yrs+

Familiarize yourself with our facility and get an overview of the basics of strength training. Safe use of equipment and etiquette are important to us. An orientation is recommended before using the weight room. Youth 13-15yrs and older adults 60yrs+ years are free. Register by calling Saanich Commonwealth Place at 250-475-7600.

SAANICH COMMONWEALTH PLACE

Alex Rathy

Fridays 8:30-9:30am Free

WEIGHT TRAINING - SMALL GROUP 50yrs+ ♥

In this small group format (maximum 6:1 ratio), you'll learn proper techniques for strength training in the weight room, including safely improving your core, stamina, and flexibility. Suitable for all levels.

SAANICH COMMONWEALTH PLACE

Alex Rathy

147141	Tu	Sep 2-Oct 28	11am-12pm	8/\$112
147142	Th	Sep 4-Oct 30	11am-12pm	9/\$126
147393	Tu	Nov 4-Dec 16	11am-12pm	6/\$84
147394	Th	Nov 6-Dec 18	11am-12pm	7/\$98

Jenny Hawes

147143	F	Sep 5-Oct 31	10:15-11:15am	9/\$126
147395	F	Nov 7-Dec 19	10:15-11:15am	7/\$98

WEIGHT TRAINING - SMALL GROUP CIRCUIT 50yrs+ ♥

Circuit training is an efficient method of improving your cardio, strength and endurance. This program is suitable for individuals with minor musculoskeletal issues who need to be active at their own pace. Extra stretching is offered at the end of sessions.

SAANICH COMMONWEALTH PLACE

Trevor Beck

147121	M	Sep 8-Oct 27	10:15-11:15am	7/\$98
147396	M	Nov 3-Dec 15	10:15-11:15am	7/\$98

Shannon Kirk

147122	W	Sep 3-Oct 29	10:15-11:15am	9/\$126
147397	W	Nov 5-Dec 17	10:15-11:15am	7/\$98

HOW TO REGISTER

ONLINE at Saanich.ca/Recreation
PHONE 250-475-7600
IN PERSON at any of our
4 Recreation Centres



BALANCE BOOSTER® 50yrs+ ♥

This class blends strength exercises, brain fitness, and body awareness training. The focus is on fall prevention and staying mobile and active through the different phases of aging. Participants must be able to walk and sit/stand on their own.

SAANICH COMMONWEALTH PLACE

Corinne Dibert

145250	Tu	Sep 16-Oct 28	1-1:50pm	6/\$57
145251	Th	Sep 18-Oct 30	1-1:50pm	7/\$67
146296	Tu	Nov 4-Dec 16	1-1:50pm	6/\$57
146297	Th	Nov 6-Dec 18	1-1:50pm	7/\$67

GETTING STARTED WITH EXERCISE 50yrs+ ♥

Gain a personalized introduction to the exercise facilities, services and classes that best suit your interests and goals in this one-time session. Participants receive a list of basic home exercises to get started, as well as programs offered in Saanich that promote exercise in an inclusive setting. Registration is required, please call 250-475-7600.

SAANICH COMMONWEALTH PLACE

Fridays 2:30-3:15pm \$7

OLDER ADULT NEURODIVERSITY SOCIAL AND MOVEMENT CLASS 55yrs+ ♥

A fun and welcoming social and movement class for all older adults, including those with diverse neurology, such as mild dementia, Parkinson's or Alzheimer's. Led by an older adult fitness instructor. First-time registrants, please call 250-216-6006 to determine if this program is a good fit for you.

SAANICH COMMONWEALTH PLACE

JoAnn Gillespie

145126	W	Sep 24-Nov 26	12:30-2:30pm	10/\$100
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RECONLINE REGISTRATION SYSTEM

Saanich's RecOnline registration system is your gateway to programs, lessons, activities and more at Saanich recreation centres and community spaces. Check out our tutorials and resources for how to create an account, search, register in programs and more.



INTENSITY LEVEL GUIDE

All classes welcome participants 13yrs+. For your convenience we have listed the intensity level beside the class. Modifications can be shown in all classes.

♥ 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 individuals who are already active.

♥♥♥ Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.



OPTION OF EXERCISING
WHILE SEATED