

HEALTH & FITNESS PROGRAMS



Saanich
Commonwealth
Place

FALL 2023



20-20-20 50yrs+ ♥

Older Adult Friendly

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

SAANICH COMMONWEALTH PLACE

Rosalie Russo

[102839](#) M Nov 6-Dec 18 2:15-3:15pm 7/\$63

AGING BACKWARDS 50yrs+ ♥

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 increases your mobility and strength. Suitable for active adults of all ages.

SAANICH COMMONWEALTH PLACE

Justina Bailey

[108919](#) Tu Nov 7-Dec 19 2:30-3:30pm 7/\$105

AQUA STRENGTH AND STRETCH ♥ Older Adult Friendly

Use the resistance of the water to 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

[103805](#) Tu Sep 19-Dec 19 9:45-10:45am 14/\$126

[103806](#) Th Sep 21-Dec 21 9:45-10:45am 14/\$126

AQUA ZUMBA ♥

Older Adult Friendly

Those looking to make a splash by adding a low-impact, high energy aquatic exercise to their fitness routine. There is less impact on your joints. The water creates natural resistance, which means every step is more challenging & helps tone your muscles.

SAANICH COMMONWEALTH PLACE

Samantha Avis

[103807](#) F Sep 22-Dec 15 6-7pm 13/\$146

[103808](#) W Sep 20-Dec 20 7:15-8:15pm 14/\$158

BALANCE BOOSTER® ♥ ♿ Older Adult Friendly

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

[102845](#) Tu Nov 7-Dec 19 1-1:50pm 7/\$63

BARRE BODY FUSION ♥

A total-body, low-impact, moderate fitness workout using a variety of equipment, with an emphasis on posture and technique to create overall toning and strength. The exercises are inspired by ballet and other dance forms, pilates, yoga, and various styles of music, and are easily modified. No previous experience required.

SAANICH COMMONWEALTH PLACE

Pauline James Curtis

[103438](#) W Nov 8-Dec 20 12:45-1:45pm 7/\$79

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

BODY SHOP ♥

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

PROSPECT LAKE COMMUNITY HALL

[104470](#) M Nov 6-Dec 18 9-10am 7/\$63

[104472](#) W Nov 8 -Dec 20 9-10am 7/\$63

SAANICH COMMONWEALTH PLACE

Tyler Zawacki

[103761](#) F Nov 3-Dec 22 7:30-8:30am 8/\$72

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

[103458](#) Su Nov 19-Dec 17 11:45am-12:45pm 5/\$54

BOXING 50yrs+ ♥

Older Adult Friendly

Punch-up your fitness routine! We focus on proper form and technique, ensuring you improve muscle memory, coordination, strength, balance and endurance – and decrease your risk of injury. Have fun practicing shadow boxing, controlled punching using hand pads, and modified conditioning drills. This progressive program is appropriate for all fitness levels.

SAANICH COMMONWEALTH PLACE

Don Ouelette

[102852](#) Su Nov 19-Dec 17 8:15-9:15am 5/\$54

BOXING ♥

Boxers are some of the best conditioned athletes in the world. Enjoy all the benefits of a boxing program without all the bumps and bruises! Learn boxing techniques and conditioning drills, while getting a full body workout. Taught by a real boxing coach, this fun, exciting workout will get you the results you're looking for.

SAANICH COMMONWEALTH PLACE

Don Ouelette

[102854](#) M Nov 6-Dec 18 7:45-8:45pm 7/\$76

[102853](#) F Nov 10-Dec 22 6-7pm 7/\$76

CHRONIC PAIN/MILD MOVEMENT CLASS ♥ ♿

Older Adult Friendly

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 provided as alternatives.

SAANICH COMMONWEALTH PLACE

Diana Lewall

[102888](#) Tu Nov 7-Dec 19 11:30am-12:30pm 7/\$63

[102889](#) Th Nov 9-Dec 21 11:30am-12:30pm 7/\$63

DEEP WATER FITNESS CONDITIONING ♥

Ideal class for people wanting a smaller deep water interval workout to improve cardio, strength, recovering from injury or joint replacements. Work on balance, core, total body strength, co-ordination and cardio fitness. Great for everyone!

SAANICH COMMONWEALTH PLACE

Jackie Dunham/Wanda Hanna

[103801](#) Tu,Th Sep 19-Dec 21 12:30-1:30pm 28/\$257

EASY FIT 50yrs+ ♥ ♿

Older Adult Friendly

This class guides you slowly and safely back into a gentle fitness routine. Including 20 minutes of standing exercises, your professional fitness instructor helps you easily build strength and improve balance. Become your best fit, whatever that is for you, in this supportive class.

SAANICH COMMONWEALTH PLACE

Catherine Hollett

[102890](#) Tu Nov 7-Dec 19 1:15-2:15pm 7/\$44

EXERCISE INTRODUCTION 50yrs+ Older Adult Friendly

In this one-time small group class, learn basic exercises that help maintain muscle mass, promote bone health and prevent falls. You will receive a description of how to safely do the exercises at home and a list of Saanich programs that promote exercise in a friendly group setting. Registration required; please call 250-475-7600 to register.

SAANICH COMMONWEALTH PLACE

Anne Casey

Fridays 1:15-2pm Starts October 6th

FREE

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

[102892](#) W Nov 8-Dec 20 8-8:50am 7/\$63

FLEXIBILITY FUSION ♥

Older Adult Friendly

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 in this class as you improve posture and build a strong, stable core. This flow-style class welcomes all levels.

SAANICH COMMONWEALTH PLACE

Wanda Hanna

[103412](#) Tu Nov 7-Dec 19 6-6:55pm 7/\$77

[103448](#) F Nov 10-Dec 15 12:45-1:45pm 6/\$54

FULL BODY WORKOUT (ONLINE) ♥ Older Adult Friendly

This 60-minute 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 welcome.

SAANICH COMMONWEALTH PLACE

Janna Reimer, Fit to the Beat

[102898](#) Su Nov 5-Nov 26 9:15-10:15am 4/\$27

[102901](#) Su Dec 3-Dec 17 9:15-10:15am 3/\$21

HIPS, CORE AND PELVIC FLOOR ♥

This therapeutic series explores the relationship between body, breath, and nervous system, and the surrounding areas that support the pelvic floor. Through movement, breath work and self-compassion, begin to release, relax, build strength and resilience. This class is gentle and inclusive, for all bodies wanting to enhance pelvic floor health.

SAANICH COMMONWEALTH PLACE

Tamara Cleaver

[103909](#) M Nov 6-Dec 18 12:45-1:45pm 7/\$77

KICK BOXING ♥♥

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

[102894](#) W Nov 8-Dec 20 7:45-8:45pm 7/\$76

PARENT AND BABE CORE AND MORE ♥

A core class safe for new moms to sculpt and strengthen their abdominals, lower back and glute muscles. Babies should not be older than 18mths.

SAANICH COMMONWEALTH PLACE

Jan Del Mistro

[103411](#) Th Nov 9-Dec 21 1-1:45pm 7/\$63

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

[103111](#) M Nov 13-Dec 18 5:10-6:10pm 6/\$66

PILATES PLUS - ONGOING ♥

This effective next-level program helps you achieve a healthy lifestyle, allowing you to do what you love to do. Prerequisite: completion of at least one of Joan's Level 1 classes.

SAANICH COMMONWEALTH PLACE

Joan Buna

[103114](#) M Nov 13-Dec 18 6:20-7:20pm 6/\$66

STRENGTH AND CONDITIONING 50yrs+ ♥

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

Tyler Zawacki

Low paced, high intensity that improves functional movements

[103755](#) Tu Nov 7-Dec 19 2-3pm 7/\$63

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 noncompetitive environment.

SAANICH COMMONWEALTH PLACE

[103417](#) F Nov 10-Dec 15 9:10-10:10am 6/\$54

Ann Bookman

[103418](#) Tu Nov 7-Dec 19 9:10-10am 7/\$63

Rachel Houle

[103416](#) M Nov 6-Dec 18 7:15-8:15pm 7/\$63

TRX SUSPENSION TRAINING WORKOUT ♥♥

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.

SAANICH COMMONWEALTH PLACE

Ann Bookman/Donna Renaud

[103419](#) F Nov 10-Dec 15 10:30-11:20am 6/\$65

WEIGHT TRAINING - SMALL GROUP 50yrs+ ♥

Older Adult Friendly

In this small group format you'll learn proper techniques for strength training, including safely improving your core, stamina, and flexibility. Suitable for all levels. (max of 6:1 Ratio).

SAANICH COMMONWEALTH PLACE

[103760](#) Tu Oct 31-Dec 19 11am-12pm 8/\$94

[103759](#) Th Nov 2-Dec 21 11am-12pm 8/\$94

Troy Urlacher

[103779](#) F Nov 3-Dec 22 10:15-11:15am 8/\$94

YOGA - EVENING FLOW ♥

Unwind your day with a dynamic sequence of postures to build heat through the breath and movement of the body, and then settle into a quiet series of finishing poses to rinse out and re-balance from the day. Some yoga experience helps, but modifications will be provided.

SAANICH COMMONWEALTH PLACE

Julia Vosburgh

[103067](#) W Nov 8-Dec 20 7:15-8:15pm 7/\$77

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.

SAANICH COMMONWEALTH PLACE

Mary Elizabeth Peckham

GENTLE

[104548](#) W Nov 8-Dec 20 5:15-6:30pm 7/\$97

INTERMEDIATE

[102714](#) W Nov 8-Dec 20 11am-12:30pm 7/\$116

YOGA - EMPOWER FLOW ♥

Deepen your capacity and condition for regular practice by exploring similar movements, related poses, or themes for one month. Infused with inspiration, this flowing practice incorporates creative sequencing grounded in functional anatomy, helps to connect breath and movement, builds strength and encourages you to embrace your divinity. Some yoga experience recommended.

SAANICH COMMONWEALTH PLACE

Andrea Ting-Luz

[103063](#) M Nov 6-Dec 18 9-10:15am 7/\$97

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 Hamelin

[101737](#) M Nov 6-Dec 18 5:30-7pm 7/\$116

YOGA FOR A SOLID FOUNDATION ♥

A Hatha yoga class accessible to all levels of practice. Each class is designed to build better body awareness and conditioning through intentional movement. Poses will often be held for extended periods of time, creating a focus on alignment and release into the present moment. Modifications are provided.

SAANICH COMMONWEALTH PLACE

Jewel Dubuc

[103121](#) M Nov 6-Dec 18 7-8:15pm 7/\$97

YOGA FOR PREGNANCY & BIRTH PREPARATION ♥

Deepen your connection with body, breath, heart and baby, and feel more mentally prepared and empowered to give birth. Learn gentle movements, guided meditation, breathing practices and other relaxation tools. Taught by an experienced Doula, birth educator and yoga therapist.

SAANICH COMMONWEALTH PLACE

Tamara Cleaver

[103109](#) Sa Nov 18-Dec 16 1:30-2:30pm 5/\$55

YOGA - STRENGTH AND EASE ♥♥

Create a strong practice that builds subtlety over force. This energizing class offers modifications to intelligently activate your alignment, making your poses efficient and effective. Yogis will focus on breath, asana, and meditation to support a lifelong practice.

SAANICH COMMONWEALTH PLACE

Kelly Urquhart

[103075](#) F Nov 10-Dec 22 11:45am-1pm 7/\$97

YOGA - STRENGTH AND EASE LEVEL 2 ♥

Create a strong practice that builds subtlety over force. This energizing class helps you intelligently activate your alignment, making your poses efficient and effective. With the addition of vinyasas, and more advanced poses than the Tuesday class, yogis will focus on breath, asana, and meditation to support a lifelong practice.

SAANICH COMMONWEALTH PLACE

Kelly Urquhart

[103089](#) Th Nov 9-Dec 21 2-3:15pm 7/\$97

YOGA THERAPY FOR GRACEFUL AGING ♥

Gentle movement nourishes joints and fascia, benefiting people with persistent pain, chronic health conditions, arthritis, and those dealing with chronic inflammation and stress. You will learn gentle and safe movements, breath awareness, and relaxation from a compassionate, certified yoga therapist.

SAANICH COMMONWEALTH PLACE

Rena Chadwick

[103065](#) Tu Nov 7-Dec 19 3:45-4:45pm 7/\$97

YOGALATES ♥

A fusion of yoga and mat Pilates, this fun class inspires the mind-body connection. Strengthen, lengthen, and stretch your whole body in this class as you improve posture and build a strong, stable core.

SAANICH COMMONWEALTH PLACE

Talia Boughton

[103424](#) Su Nov 19-Dec 17 11am-12pm 5/\$55

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.

SAANICH COMMONWEALTH PLACE

Samantha Avis

[103428](#) Th Nov 9-Dec 21 10:30-11:30am 7/\$84