



☎ 250-475-7600

## COMMONWEALTH PLACE - Fitness Schedule

Spring 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Yoga - Flow</b> ❤️			9:15-10:30 am				
<b>Susan's Total Body Fit</b> ❤️	9:00-10:00 am		9:00-10:00 am		9:00-10:00 am		
<b>Body Sculpt</b> ❤️	9:00-10:00 am	10:30-11:30 am	9:00-10:00 am	10:30-11:30 am	9:00-10:00 am		
<b>Functional Fitness</b> ❤️	10:30-11:30 am		10:30-11:30 am		10:30-11:30 am		

**YOGA - FLOW** ❤️ Fun and creative all-level flow, inspired by Ashtanga yoga. May include explorations like balances and back bending. Sweat and have fun in this class that includes core work and challenging postures to build strength and flexibility.

**SUSAN'S TOTAL BODY FIT** ❤️ This low intensity, total body fitness class will combine strength, conditioning, core and more to help you lose weight, build muscle and increase your muscular endurance. All levels welcome, modifications can be shown

**BODY SCULPT** ❤️ This workout uses weights, body bars, tubing, stability balls and more to promote muscle strength and endurance by targeting all major muscle groups. Great cross training class for all levels.

**FUNCTIONAL FITNESS** ❤️ A 10 minute gentle warm up followed by a 40 minute stationary light weightlifting segment using body weight, tubing and/or dumbbells to improve strength, endurance and coordination and finishing off with a 10 minute relaxing cooldown stretch.

**STAT HOLIDAYS: Apr 2<sup>nd</sup> & 5<sup>th</sup>**



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