



Reserved Drop In Fitness Schedule

☎ 250-475-7600

Sep 18-Dec 22, 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUNDAY
Body Sculpt ❤️❤️	9-10am	7:10-8:05pm	9-10am	7:10-8:05pm	9-10am		
Hi/Lo ❤️❤️	9-10am		9-10am		9-10am		PARKS, RECREATION & COMMUNITY SERVICES
Low Impact ❤️	10:15-11:15am	10:15-11:15am	10:15-11:15am	10:15-11:15am	10:15-11:15am		
Pure Stretch ❤️	11:30-12:30pm						10:30-11:30am No class Oct 29
Core & More ❤️	6:40-7:35pm						
Partyfit ❤️❤️		6-6:55pm	6:40-7:35pm				
Cardio Fit ❤️❤️				6-6:55pm			
Step ❤️❤️							9-10:15am
Basic Yoga ❤️	4-5pm						
Cycle Fit ❤️❤️	10:30-11:20am		8-8:50am	6:30-7:20pm			
Cycle & Strength ❤️❤️		6:25-7:15pm					Saanich Commonwealth Place
Cycle & Core ❤️❤️		9:10-10am		8-8:50am			
STAT HOLIDAYS: Sep 30, Nov 11 – No classes Schedule subject to change.					Flip over for more details		

Land Fitness Drop-in Descriptions

All classes welcome participants 13yrs+. For your convenience when choosing a drop in class we have now listed the intensity beside the class. However, modifications can be shown in all classes.

♥ Suitable for everyone from beginners to the more advanced. Emphasizes fun, and effective workouts; challenging options given 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 actively exercising.

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

BODY SCULPT ♥♥♥

This full body 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.

CARDIO FIT ♥♥♥

Come ready to work and burn calories in this high energy, high cardio and high impact fitness class that uses Tabata, HIIT, intervals and aerobic patterns to burn calories. Modifications can be shown.

CORE & MORE ♥

Focus on strengthening your core abdominal area, lower back and gluts. A variety of exercise equipment is used in this class suitable for everyone.

CYCLE & STRENGTH ♥♥♥ / CYCLE & CORE ♥♥♥

This class begins with approximately 30 minutes on the Keiser spin bike followed by strength training or core training exercises; a key component for overall fitness.

HI/LO ♥♥♥

A moderate intensity class with 20-30 minute cardio portion with lower impact modifications shown. Toning exercises and stretching included in this well rounded class.

LOW IMPACT FITNESS ♥

A low impact fitness class designed for a wide range of participants with fun and easy to follow moves. At least a 30 minute cardio segment with toning exercises perfect for all ages.

PARTYFIT FITNESS ♥♥♥

The ultimate high-intensity, high energy, dance fitness workout designed to increase participants fitness levels, mixing strength, cardio, balance and core exercises with fun and simple dance moves. No prior dance experience required and all fitness levels welcome.

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.

PURE STRETCH ♥

This class will stretch and rejuvenate your entire body while relieving stress and tension by relaxing the mind and body. Increase flexibility and range of motion, improve posture, prevent injuries and recover faster from workouts. Ideal for all levels of fitness.

STEP ♥♥♥

A more advanced step aerobics class with combinations and patterns, compiled of creative choreography. This higher intensity workout guarantees to get your heart rate up and burn calories. It is a perfect class to challenge your fitness and mind and modifications will be shown.

**TRX SUSPENSION WORKOUT ♥♥♥

Use your body weight for a full-body workout focusing on calorie burn with an intense mix of strength and core exercises. The TRX body suspension training system can challenge all fitness levels because you choose your level of training.

This is a registered class that welcomes drop ins

BASIC YOGA ♥ Familiarize yourself with Yoga and practice fundamentals postures. This is not a progressive class.