

# Reserved Drop-in Fitness

Effective: Sep 16 – Dec 21, 2024

Schedule is subject to change

PROGRAM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Body Sculpt</b> <i>Dance Studio</i>	♥♥	9-10am	7:10-8:05pm	9-10am	7:10-8:05pm	9-10am		
<b>Hi Lo</b> <i>Gymnasium</i>	♥♥	9-10am		9-10am		9-10am		
<b>Step</b> <i>Dance Studio</i>	♥ ♥♥							Beginner – 8:15-9:15am Intermediate- 9:20-10:30am
<b>Low Impact</b> <i>Dance Studio</i>	♥	10:15-11:15am	10:15-11:15am	10:15-11:15am	10:15-11:15am	10:15-11:15am		
<b>Pure Stretch</b> <i>Multipurpose Room</i>	♥	11:30am- 12:30pm						10:30-11:30am
<b>Basic Yoga</b> <i>Multipurpose Room</i>	♥	4-5pm <b>Begins Oct 7</b>						
<b>Core &amp; More</b> <i>Dance Studio</i>	♥	6:40-7:35pm						
<b>Partyfit</b> <i>Dance Studio</i>	♥♥		6-6:55pm	6:40-7:35pm		6:15-7:10pm		
<b>Cardio Fit</b> <i>Dance Studio</i>	♥♥				6-6:55pm			
<b>Cycle Fit</b> <i>Multipurpose Room</i>	♥♥	8-8:50am 10:30-11:20am		8-8:50am	6:30-7:20pm			9:30-10:20am
<b>Cycle &amp; Core</b> <i>Multipurpose Room</i>	♥♥		9:10-10am <b>NO CLASS OCT 8</b>					
<b>Cycle &amp; Strength</b> <i>Multipurpose Room</i>	♥♥		6:25-7:15pm		12:45am-1:35pm			

## Notes & Information:

- You must check in at Reception for attendance and pass scanning to validate your reservation.
- Reservations can be made as early as 7 days in advance at 7:30am.
- Register online at [saanich.ca/recreation](https://saanich.ca/recreation) or call 250-475-7600.
- Only Hi Lo will be offered at 9am on the statutory holidays listed below:
  - Monday Oct 14 (Thanksgiving)
  - Monday Nov 11 (Remembrance Day)
- All classes welcome participants 13yrs+
- Check out our live schedule at [saanich.ca/recreation](https://saanich.ca/recreation)



Intensity Level Guide		
	♥	Ideal for beginners without prior fitness experience or experienced individuals wanting to focus on technique and fundamental movement skills.
	♥♥	Suitable for participants ready to improve technique and increase intensity while still emphasizing proper form. Best suited for those who are already active.
<b>Basic Yoga</b>	♥	Familiarize yourself with Yoga and practice fundamentals postures. This is not a progressive class.
<b>Body Sculpt</b>	♥♥	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
<b>Cardio Fit</b>	♥♥	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.
<b>Core &amp; More</b>	♥	Focus on strengthening your core abdominal area, lower back and gluts. A variety of exercise equipment is used in this class suitable for everyone.
<b>Cycle &amp; Core</b>	♥♥	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.
<b>Cycle &amp; Strength</b>	♥♥	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.
<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
<b>Hi Lo</b>	♥♥	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.
<b>Low Impact</b>	♥	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.
<b>Partyfit</b>	♥♥	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.
<b>Pure Stretch</b>	♥	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.
<b>Step</b>	♥ ♥♥	A 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. Choose from Beginner or Intermediate level classes.