

FITNESS

FALL AT SAANICH COMMONWEALTH PLACE



**Programs starting
in November with
space available!**

Aqua Yoga

18yrs & up

Aqua Yoga is a gentler practice. The aquatic environment can reduce stress on the joints, allow for greater range of motion, build strength, increase balance, and promote relaxation. This body positive, accessible, joyful movement class is suitable for all levels, and perfect for those recovering from injuries, with joint pain, and/or mobility issues. *Sonia Gray*

[65328](#) W 9-9:50pm Nov 3 - Dec 15 7/\$74

Aqua Zumba

16yrs & up

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. Drop In available if space permits: \$15/class

Samantha Avis

[65331](#) F 6-7pm Nov 5 - Dec 17 7/\$77

Deep Waterfit Conditioning

16yrs & up

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.

Kathleen Baker

[65448](#) Tu, Th 12:40-1:30pm Nov 2 - Dec 16 13/\$117

Body Sculpt - Registered

13yrs & up

This workout uses weights, body bars, body weight and more to promote muscle strength and endurance by targeting all major muscle groups. Great cross training class for all levels.

[68409](#) Tu 7:10-8:05pm Nov 2 - Dec 14 7/\$58

[68845](#) Th 7:10-8:05pm Nov 4 - Dec 16 6/\$50

Athletic Conditioning

16yrs & up

This class feels like personal training, with a small class size, positive environment, focused training and expert instruction. Increase your muscular strength and endurance through a combination of aerobic and strength intervals. Ideal for total body toning. Drop In available if space permits: \$12/class

Karen Bogle

[65333](#) Tu 8:15-9pm Nov 2 - Dec 14 7/\$58

Adelene Buchanan

[65332](#) Th 8:15-9pm Nov 4 - Dec 16 6/\$50

Balance & Strength

16yrs & up

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

Kathleen Baker

[65334](#) M 3-3:45pm Nov 1 - Dec 13 7/\$58

Barre Yoga

16yrs & up

This fusion class blends stretch, strength, tightening, toning and breath work through a combination of Yoga and Barre. This class will condition and expand your body & breath with the power of yoga, as well as tighten and tone with the notorious 'barre burn'. If you are looking for a full body workout that leaves you with that 'yoga bliss', then this class is for you! Drop in available if space permits: \$15/class

Maddy De Medeiros

[65338](#) F 12:45-1:45pm Nov 5 - Dec 17 7/\$77



REGISTER NOW!
ONLINE at Saanich.ca/active
PHONE 250-475-7600
IN PERSON at any of our centres

Chronic Pain/Mild Movement 16yrs & up

Safe mild exercise class for people living with chronic pain, fibromyalgia or for people looking for a gentle class. This is a class for people who are already mildly active. Chair exercises provided as alternatives.

Diana Lewall

[65339](#) Tu 11:30-12:30pm Nov 2 - Dec 14 7/\$58

[65447](#) Th 11:30-12:30pm Nov 4 - Dec 16 6/\$50

Gentle Hip & Back Release 16yrs & up

This class will explore gentle & therapeutic somatic movements that offer a unique brain to muscle re-education which helps dissolve tension-based patterns in the body, stiffness and chronic pain. All levels and abilities welcome.

Phyllis Musseau

[66490](#) Tu 7:05-8pm Nov 2 - Dec 14 7/\$71

HIIT 16yrs & up

High intensity interval workouts with short rest breaks that burn fat and increase metabolism long after the exercise. You set your own level of intensity. Drop-ins welcome if room permits at \$15/class

Ann Bookman

[65449](#) Tu 9:10-10am Nov 2 - Dec 14 7/\$58

HIIT & Sculpt 16yrs & up

This class combines a 30 minute aerobic HIIT circuit with 25 minutes of sculpting strength and ends with a relaxing stretch. You set your own level of intensity. Drop in available if space permits: \$15/class

Wanda Hanna

[65451](#) F 1:30-2:30pm Nov 5 - Dec 17 7/\$74

Kick Boxing 16yrs & up

This fast-paced, fun, safe, empowering introductory kickboxing program will have your fists, feet and heart pumping. Learn basic kickboxing techniques and conditioning drills to increase power, speed and agility.

Don Ouelette

[65452](#) W 7:45-8:45pm Nov 3- Dec 15 7/\$74

[65453](#) Su 8:15-9:15am Nov 7- Dec 19 7/\$74

Mom & Babe Core & More 16yrs & up

A core class safe for new moms to sculpt and strengthen their abdominals, lower back and glute muscles. Babies should not be older than 18 months and drop-ins welcome if room permits at a cost of \$12.

Jan Del Mistro

[65455](#) M 1-1:45pm Nov 1 - Dec 13 7/\$58

Rosalie Russo

[65456](#) Th 12:45-1:30pm Nov 4 - Dec 16 6/\$50

Mom & Babe Waterfit

Karen Bogle

[65457](#) W 11-11:45am Nov 3 - Dec 15 7/\$63

Osteofit 16yrs & up

This program consists of fall prevention, education, strength, balance and coordination. The program is beneficial to anyone and especially safe for those with osteoporosis.

Osteofit For Life

Shirley McCuaig

[65459](#) M 2-3pm Nov 1 - Dec 13 7/\$58

[65460](#) W 2-3pm Nov 3 - Dec 15 7/\$58

Level 1

Shirley McCuaig

[65458](#) Tu, Th 12:45-1:30pm Nov 2 - Dec 16 13/\$108

Pilates Conditioning 16yrs & up

Perfect cross-training choice for all levels. A unique exercise designed to condition the entire body through focus of alignment, core strength, breath and flowing movement which allows you to move with greater efficiency and form.

Phyllis Musseau

[65461](#) Tu 6:00-6:55pm Nov 2 - Dec 14 7/\$71

Pilates with Cardio 16yrs & up

Fabulous class that will get your heart rate up with innovative cardio moves and strengthen and lengthen you with pilates. All in one balanced and fun workout! Drop in available if space permits: \$15/class

Michelle Maynard

[65462](#) F 9:10-10:10am Nov 5 - Dec 17 7/\$71

Strength & Dance 16yrs & up

Strength & Dance is a dance cardio party with strengthening infused interval moves. Make up your own moves or follow the instructor's footwork - the focus is on high-energy, fun, full-body moves, so you can get your heart rate up and release endorphins.

Rachel Houle

[65455](#) Th 8:00-8:50am Nov 4 - Dec 16 6/\$63

Strength & Stretch 50+ 50yrs & up

Stretching, strengthening and core stability using hand weights, stability balls, tubing, balance boards and bodybars. Designed for the already active 50+ participant who can get up and down to the floor safely.

Pat Rhodes

[65467](#) W 11:30-12:30pm Nov 3- Dec 15 7/\$58

Pam Glover

[65470](#) M 11:30-12:30pm Nov 1- Dec 13 7/\$58

Wanda Hanna

[65468](#) F 11:30-12:30pm Nov 5- Dec 17 7/\$58

TRX Suspension Training 16yrs & up

TRX Suspension training is a body-weight resistance system that can be easily modified to all fitness levels.

This program will give you total body strengthening in a fun format. Drop-ins welcome if space permits at \$15.00

David Ristau

[65476](#) F 10:30-11:20am Nov 5- Dec 17 7/\$74