

HEALTH & FITNESS PROGRAMS

30

YEARS 1993-2023

Saanich
Commonwealth
Place

SPRING 2023



- Programs that still have space available.
- Will pro-rate fees if you register late.

50+ LIVING FIT 50yrs+ ♥

Improve core and abdominal strength, increase flexibility and stability in this fun informative class. Core stability is important for almost everything you do. Light weights, tubing and balance equipment will be used to simulate functional movements and daily tasks.

SAANICH COMMONWEALTH PLACE

David Ristau

[88674](#) W May 3-Jun 21 2:30-3:30pm 8/\$70

BALANCE AND STRENGTH ♥

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.

SAANICH COMMONWEALTH PLACE

Anne Casey

[88696](#) F May 5-Jun 23 1:30-2:15pm 8/\$70

BOXING 50yrs+ ♥♥

Punch up your fitness routine with boxing for fitness. We focus on form & proper technique, to ensure you have fun working out. Improve muscle memory, coordination, strength, balance and endurance, all while decreasing your risk of injury. Boxing can even help you manage the different symptoms of chronic conditions, including Parkinson's Disease. This program will include shadow boxing, controlled punching using hand pads, and modified boxing conditioning drills. This fun & progressive program is designed for all fitness levels.

SAANICH COMMONWEALTH PLACE

Don Ouelette

[88831](#) Su Apr 30-Jun 18 8:15-9:15am 8/\$86

[98216](#) F May 5-Jun 23 6-7pm 8/\$86

CHRONIC PAIN/MILD MOVEMENT CLASS ♥

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.

SAANICH COMMONWEALTH PLACE

Diana Lewall

[88836](#) Tu May 2-Jun 20 11:30am-12:30pm 8/\$70

[88838](#) Th May 4-Jun 22 11:30am-12:30pm 8/\$70

EASY FIT 50yrs+ ♥

This class will take you slowly and safely back into a gentle fitness routine after being less active during the pandemic. It focuses on gradually improving your ability to move, as our professional fitness instructor guides the class through easy strengthening and balance building exercises. Become your best fit, whatever that is for you, in this supportive class.

SAANICH COMMONWEALTH PLACE

Shirley McCuaig

[88919](#) Tu May 2-Jun 20 12:45-1:30pm 8/\$49

[88921](#) Th May 4-Jun 22 12:45-1:30pm 8/\$49

FLEX & 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

100891 W May 17-Jun 21 8-9am 6/\$52

FULL BODY WORKOUT (ONLINE) ♥

This 60-minute Full Body Workout includes an eclectic mix of cardio, strength, balance, core, and stretch and will be offered in a virtual format. Equipment will be a mat, optional dumbbells, and yourself! Beginners to Advanced welcome.

Janna Reimer

[90806](#) Su May 7-May 28 9:15-10:15am 4/\$27

[90807](#) Su Jun 4-Jun 25 9:15-10:15am 4/\$27

GROUP TRAINING 50yrs+ ♥♥

In this intermediate group training format you'll learn proper techniques for strength training, including safely improving your core, stamina, agility and flexibility. There is extra stretching offered at the end.

SAANICH COMMONWEALTH PLACE

[Tyler Zawascki](#)

[87997](#) F May 5-Jun 23 7:30-8:30am 7/\$70

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](#)

[88927](#) W May 3-Jun 21 7:45-8:45pm 8/\$86

PILATES CONDITIONING - BACK TO BASICS AND BEYOND ♥

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.

SAANICH COMMONWEALTH PLACE

[Tahlia Boughton](#)

[88936](#) Tu May 2-Jun 20 6-6:55pm 8/\$84

PILATES PLUS - LEVEL 1 ♥

This class has a scientific based practice that features a strong clinical education component. Focus on the layers of the core and breathing as well as bio mechanical alignments that reduce tension and influence patterns in the body under the educated eye of Joan Buna. This simple but effective class helps you achieve a healthy lifestyle to allow yourself to do what you love to do. No experience necessary.

SAANICH COMMONWEALTH PLACE

[Joan Buna](#)

[88867](#) M May 1-Jun 26 5:10-6:10pm 8/\$84

PILATES PLUS - ONGOING ♥

This class has a scientific based practice that features a strong clinical education component. Focus on breathing and the layers of the core as well as bio mechanical alignments that reduce tension and influence patterns in the body under the educated eye of Joan Buna. This effective class helps you achieve a healthy lifestyle to allow yourself to do what you love to do. Must have competed at least one of Joan's Level 1 classes.

SAANICH COMMONWEALTH PLACE

[Joan Buna](#)

[88875](#) M May 1-Jun 26 6:20-7:20pm 8/\$84

SMALL GROUP CIRCUIT TRAINING 50yrs+ ♥

Circuit training is a time-efficient method of training to improve your cardiovascular system, strength and endurance. This class is suitable for individuals with minor musculoskeletal issues who need to be active at their own pace. Extra stretching at the end. (max of 6:1 Ratio).

SAANICH COMMONWEALTH PLACE

[David Keta](#)

[92273](#) M May 1-Jun 26 10:15-11:15am 8/\$90

[Tyler Zawaski](#)

[92301](#) M May 3-Jun 28 10:15-11:15am 9/\$101

STRETCH & STRENGTH 50yrs+ ♥

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

SAANICH COMMONWEALTH PLACE

[Pam Glover](#)

[88940](#) M May 1-Jun 19 11:30am-12:30pm 7/\$61

[Pat Rhodes](#)

[88938](#) W May 3-Jun 21 11:30am-12:30pm 8/\$70

[Wanda Hanna](#)

[88942](#) F May 5-Jun 23 11:30am-12:30pm 8/\$70

REGISTER NOW

ONLINE [at Saanich.ca/active](https://saanich.ca/active)

PHONE 250-475-7600

IN PERSON at any of our
4 Recreation Centres



PARKS, RECREATION
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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.

TOTAL BODY WORKOUT ♥♥

Join these fun total body ultimate shaping workouts to build strength and elevate your cardio, core, endurance, & flexibility to new standards. Be prepared to work hard and be challenged in a non competitive environment.

SAANICH COMMONWEALTH PLACE

Rachel Houle

[88036](#) M May 1-Jun 26 7:45-8:45pm 8/\$70

Ann Bookman

[88944](#) Tu May 2-Jun 20 9:10-10am 8/\$70

David Keta

[88647](#) F May 5-Jun 23 9:10-10:10am 8/\$70

YOGA - FORM AND FLOW ♥♥

This class is designed each week to deliver a well-rounded practice for people who enjoy clear alignment instructions and attention to breath. Expect a short centering at the beginning of class with a word of the day or reading, sun salutations, standing poses, hip opening, thigh stretches, basic back bends, twists and forward bends. Options and demonstrations are often provided to promote learning and accessibility. Drop-In welcome

SAANICH COMMONWEALTH PLACE

Mariko Bayley

[88197](#) Tu May 2-Jun 20 5:15-6:15pm 8/\$84

[88194](#) W May 3-Jun 21 9:15-10:30am 8/\$105

YOGA - HATHA FLOW ♥

By joining movement and alignment with deep breathing, this practice can improve balance, core strength, flexibility, posture and overall strength. Great for stress, pain management and confidence.

CORDOVA BAY 55 PLUS ASSOCIATION

Tessa Rae Hamelin

[88995](#) M May 8-Jun 26 5:30-7pm 7/\$111

[100098](#) M Jul 3-Aug 28 5:30-6:45pm 7/\$92

YOGA - THERAPY ♥

This class is designed through a therapeutic lens 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

[88765](#) Tu May 2-Jun 20 3:45-4:45pm 8/\$105

YOGALATES ♥

This class is a fusion of both yoga and mat Pilates. A fun class that inspires the mind-body connection. Strengthen, lengthen, and stretch the whole body in this class as you improve posture and build a strong, stable core. This flow class welcomes all levels.

SAANICH COMMONWEALTH PLACE

Talia Boughton

[88948](#) Su Apr 30-Jun 18 11am-12pm 8/\$84

YOGA - VIJNANA ♥

Vijnana Yoga is something that has always been there, something at the core of the discipline of yoga: practicing, feeling, understanding from inside. The practice has four components: sitting, breathing exercises, asana (postures) and focus on the Seven Vital Principles: relaxation, quieting the mind, intention, rooting, connection, breathing and expanding. The experience is for the understand from within to feel nourished and have clarity of oneself.

SAANICH COMMONWEALTH PLACE

Mary Elizabeth Peckham

[88140](#) W Mar 29-Jun 14 5:15-6:30pm 11/\$144

YOGA AND MOBILITY FOR 55+ ♥

Gentle Hatha Yoga combined with creative Somatic movements to encourage and enhance mobility as dictated by students' individual needs. We'll explore balance and range of motion while building strength to move with ease. Students should be able to get up and down from the floor without issue. Meditation and relaxation techniques will be offered.

SAANICH COMMONWEALTH PLACE

Kelly Urquhart

[88697](#) Th May 4-Jun 22 2-3:15pm 8/\$105

ZUMBA FITNESS ♥♥

Zumba fitness classes eliminate the 'work' from 'working out' by combining amazing, irresistible Latin and international music with dynamic, yet simple exercise moves. Even if you have two left feet, you'll love attending ZUMBA fitness classes.

SAANICH COMMONWEALTH PLACE

Samantha Avis

[88950](#) Th May 4-Jun 22 10:30-11:30am 8/\$90

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