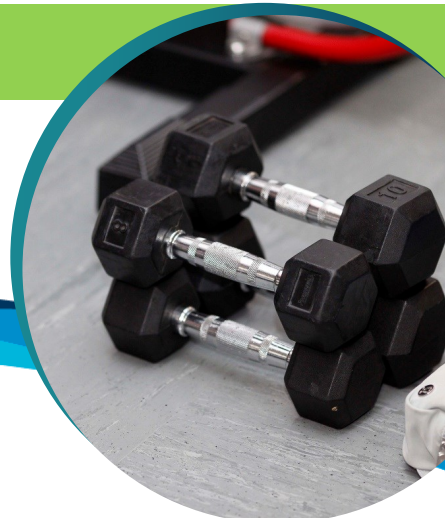


# HEALTH & FITNESS PROGRAMS

## SPRING 2024



### 20-20-20 50YRS+ ♥

OLDER ADULT FRIENDLY

This fun class is the total package. It starts off with 20 minutes of warm up and low impact cardio, followed by 20 minutes of weightlifting using body weight and/or dumbbells, before finishing off with 20 minutes of deep therapeutic stretch to release muscle tension, improve flexibility and reduce stress.

#### SAANICH COMMONWEALTH PLACE

Rosalie Russo

107349	M	Mar 4-Apr 29	2:15-3:15pm	7/\$63
107412	M	May 6-Jun 17	2:15-3:15pm	6/\$54

### AGING BACKWARDS ♥

OLDER ADULT FRIENDLY

This dynamic, full-body workout combines stretching and strengthening techniques made famous in the popular book and TV show. Engage all 650 muscles in your body! Relieve chronic aches and stiffness and increases your mobility and strength. Suitable for active adults of all ages.

#### SAANICH COMMONWEALTH PLACE

Justina Bailey

<b>FULL</b>	Tu	Mar 5-Apr 30	2:30-3:30pm	8/\$120
108923	Tu	May 7-Jun 25	2:30-3:30pm	8/\$120
<b>FULL</b>	Th	Mar 7-Apr 25	9:15-10:15am	7/\$105
108925	Th	May 2-Jun 27	9:15-10:15am	9/\$135

### AQUA STRENGTH AND STRETCH ♥

OLDER ADULT FRIENDLY

Use the resistance of the water to stretch, strengthen and stabilize your entire body in an invigorating muscle conditioning workout. A combination of yoga, pilates, strength and flexibility exercises. Drop-in available if space permits: \$12/class

#### SAANICH COMMONWEALTH PLACE

Rachel Houle

108845	Tu	Mar 5-Apr 23	10-11am	8/\$74
108846	Th	Mar 7-Apr 25	10-11am	8/\$74
108847	Tu	Apr 30-Jun 18	10-11am	8/\$74
108848	Th	May 2-Jun 20	10-11am	8/\$74

### AQUA ZUMBA ♥

OLDER ADULT FRIENDLY

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

#### SAANICH COMMONWEALTH PLACE

Samantha Avis

108986	W	Mar 6-Apr 24	7:15-8:15pm	8/\$90
108987	F	Mar 15-Apr 26	6-7pm	6/\$68
108988	W	May 1-Jun 19	7:15-8:15pm	8/\$90
108989	F	May 3-Jun 21	6-7pm	8/\$90

## HOW TO REGISTER

**ONLINE** at [saanich.ca/Recreation](https://saanich.ca/Recreation)

**PHONE** 250-475-7600

**IN PERSON** at any of our  
4 Recreation Centres



### 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.



OPTION OF EXERCISING  
WHILE SEATED

## BALANCE BOOSTER® ♥ ♿

OLDER ADULT FRIENDLY

This class blends strength exercises, brain fitness, and body awareness training. The focus is on fall prevention and staying mobile and active through the different phases of aging. Participants must be able to walk and sit/stand on their own.

### SAANICH COMMONWEALTH PLACE

Corinne Dibert

107353	Tu	Mar 5-Apr 30	1-1:50pm	9/\$81
107425	Tu	May 7-Jun 18	1-1:50pm	7/\$63

## BCRPA FITNESS THEORY ♥

Are you interested in a career as a fitness professional? This course is your first step, and will increase your knowledge on topics including anatomy, physiology, training principles, and leadership, in preparation for you to write your Fitness Theory exam. Students are required to provide their own manuals, available from CFES, cost: \$74.80. Additional fees apply for BCRPA written and practical exams as well as professional registration.

### SAANICH COMMONWEALTH PLACE

Melissa Clarke

108958	Sa,Su	Apr 13-21	9am-6pm	4/\$349
--------	-------	-----------	---------	---------

## BCRPA WEIGHT TRAINING ♥♥

Are you interested in a career in the Weight Room? This course will provide you with the information to instruct safe and effective resistance training programs. Topics include exercise technique, training principles, and exercise analysis. Students are required to provide their own manuals, available from CFES, cost: \$74.80. Additional fees apply for BCRPA written and practical exams as well as professional registration. Prerequisite: Fitness Theory Course.

### SAANICH COMMONWEALTH PLACE

Melissa Clarke

108959	Sa,Su	Jun 1-2	9am-6pm	2/\$349
--------	-------	---------	---------	---------

## BODY WORKS ♥

Build a body that works better in this great new group exercise class. Using a variety of equipment and body weight exercises, this class will strengthen your whole body while focusing on form, core strength, balance, stability and mobility. Options provided for all levels.

### SAANICH COMMONWEALTH PLACE

Donna Renaud

107458	Su	Mar 10-May 5	11:45am-12:45pm	8/\$72
107459	Su	May 12-Jun 23	11:45am-12:45pm	7/\$63

## HOW TO REGISTER

**ONLINE** at [Saanich.ca/Recreation](http://Saanich.ca/Recreation)  
**PHONE** 250-475-7600  
**IN PERSON** at any of our  
4 Recreation Centres



## BODY SHOP ♥

Improve your muscle activation and endurance in this functional group fitness class. Challenge yourself while you focus on technique, core stamina, agility, and flexibility.

### PROSPECT LAKE COMMUNITY HALL

Jennifer Ablack

107486	M	Mar 4-Apr 29	9-10am	8/\$72
107489	M	May 6-Jun 17	9-10am	6/\$54

Joanne Krol

107488	W	Mar 6-May 1	9-10am	9/\$81
107490	W	May 8-Jun 19	9-10am	7/\$63

### SAANICH COMMONWEALTH PLACE

Tyler Zawacki

108789	F	Mar 8-May 3	7:30-8:30am	8/\$72
108796	F	May 10-Jun 28	7:30-8:30am	8/\$72

## BOXING 50YRS+ ♥

OLDER ADULT FRIENDLY

Punch-up your fitness routine! We focus on proper form and technique, ensuring you improve muscle memory, coordination, strength, balance and endurance and decrease your risk of injury. Have fun practicing shadow boxing, controlled punching using hand pads, and modified conditioning drills. This progressive program is appropriate for all fitness levels.

### SAANICH COMMONWEALTH PLACE

Don Ouelette

107364	Su	Mar 10-May 5	8:15-9:15am	8/\$86
107460	Su	May 12-Jun 23	8:15-9:15am	7/\$76

## BOXING ♥

Boxers are some of the best conditioned athletes in the world. Enjoy all the benefits of a boxing program without all the bumps and bruises! Learn boxing techniques and conditioning drills, while getting a full body workout. Taught by a real boxing coach, this fun, exciting workout will get you the results you're looking for.

### SAANICH COMMONWEALTH PLACE

Don Ouelette

107367	M	Mar 4-Apr 29	7:45-8:45pm	8/\$86
107461	M	May 6-Jun 17	7:45-8:45pm	6/\$65

## CHRONIC PAIN/MILD MOVEMENT CLASS ♥ ♿

OLDER ADULT FRIENDLY

A safe mild exercise class for people living with chronic pain, fibromyalgia or for people looking for a gentle class. Ideal for those who are already mildly active. Chair exercises provided as alternatives.

### SAANICH COMMONWEALTH PLACE

Diana Lewall

107374	Tu	Mar 5-Apr 30	11:30am-12:30pm	9/\$81
107375	Th	Mar 7-May 2	11:30am-12:30pm	9/\$81
107464	Tu	May 7-Jun 18	11:30am-12:30pm	7/\$63
107465	Th	May 9-Jun 20	11:30am-12:30pm	7/\$63

## CIRCUIT TRAINING - SMALL GROUP 50YRS+ ♥

Circuit training is an efficient method of improving your cardio, strength and endurance. This program is suitable for individuals with minor musculoskeletal issues who need to be active at their own pace. Extra stretching is offered at the end of sessions.

### SAANICH COMMONWEALTH PLACE

David Keta

**FULL** M Mar 4-Apr 29 10:15-11:15am 9/\$106

**FULL** M May 6-Jun 24 10:15-11:15am 7/\$83

Tyler Zawacki

**FULL** W Mar 6-May 1 10:15-11:15am 9/\$106

108813 W May 8-Jun 26 10:15-11:15am 8/\$94

## DEEP WATER FITNESS CONDITIONING ♥

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. Great for everyone!

### SAANICH COMMONWEALTH PLACE

Jackie Dunham

108982 Tu Apr 2-Jun 18 12:30-1:30pm 12/\$117

Wanda Hanna

108983 Th Apr 4-Jun 20 12:30-1:30pm 12/\$117

## EASY FIT 50YRS+ ♥ ♿

OLDER ADULT FRIENDLY

This class guides you slowly and safely back into a gentle fitness routine. Including 20 minutes of standing exercises, your professional fitness instructor helps you easily build strength and improve balance. Become your best fit, whatever that is for you, in this supportive class.

### SAANICH COMMONWEALTH PLACE

Catherine Hollett

107377 Tu Mar 5-Apr 30 1:15-2:15pm 9/\$56

107466 Tu May 7-Jun 18 1:15-2:15pm 7/\$44

## EXERCISE INTRODUCTION 50YRS+ ♥

OLDER ADULT FRIENDLY

In this one-time small group class, learn basic exercises that help maintain muscle mass, promote bone health and prevent falls. You will receive a description of how to safely do the exercises at home and a list of Saanich programs that promote exercise in a friendly group setting. Call 250-475-7600 to register.

### SAANICH COMMONWEALTH PLACE

Fridays 1:15-2pm

## 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

107379 W Mar 6-May 1 8-8:50am 8/\$72

107467 W May 8-Jun 19 8-8:50am 7/\$63

## FLEXIBILITY AND CORE ♥

OLDER ADULT FRIENDLY

A fun fusion of stretch, balance and Pilates inspired exercises, this rejuvenating class inspires the mind-body connection. Strengthen, lengthen, and stretch your whole body as you improve posture and build a strong, stable core. This flow-style class welcomes all levels.

### SAANICH COMMONWEALTH PLACE

Wanda Hanna

107383 Tu Mar 5-Apr 30 5:45-6:40pm 9/\$81

107469 Tu May 7-Jun 18 5:45-6:40pm 7/\$63

107381 F Mar 8-May 3 12:45-1:40pm 8/\$81

107468 F May 10-Jun 21 12:45-1:40pm 7/\$63

## FULL BODY WORKOUT (VIRTUAL) ♥

OLDER ADULT FRIENDLY

This full body workout includes an eclectic mix of cardio, strength, balance, core, and stretch and is offered in a virtual format. Participate from home with just a mat, dumbbells (optional) and yourself! Beginners to advanced welcome.

### SAANICH COMMONWEALTH PLACE

Janna Reimer

107386 Su Mar 3-31 9:15-10:15am 5/\$34

107470 Su Apr 7-28 9:15-10:15am 4/\$27

107471 Su May 5-26 9:15-10:15am 4/\$27

107472 Su Jun 2-30 9:15-10:15am 5/\$34

## FUNCTIONAL ANATOMY OF THE UPPER BODY ♥

Mastering functional anatomy can improve exercise analysis, selection, technique, and instructional cueing. This workshop will review structural anatomy of upper body muscles and joints (including the scapula, shoulder, and elbow), along with application to analyzing various strength and flexibility exercises.

### SAANICH COMMONWEALTH PLACE

Melissa Clarke

108991 Su May 5 1:30-3:30pm \$35

### 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.



OPTION OF EXERCISING  
WHILE SEATED

## FUNCTIONAL ANATOMY OF THE LOWER BODY ♥

Mastering functional anatomy can improve exercise analysis, selection, technique, and instructional cueing. This workshop will review structural anatomy of lower body muscles and joints (including the hip, knee, and ankle), along with application to analyzing various strength and flexibility exercises.

### SAANICH COMMONWEALTH PLACE

Melissa Clarke

108992 Su May 26 1:30-3:30pm \$35

## GETTING TO THE CORE OF THINGS ♥

### OLDER ADULT FRIENDLY

Trying to wrap your head around core conditioning research? To brace or hollow? To move or stabilize? This workshop will review functional anatomy of the core and explore techniques to effectively engage the core muscles and enhance strength and stability.

### SAANICH COMMONWEALTH PLACE

Melissa Clarke

108990 Su Mar 10 1:30-3:30pm \$35

## HIPS CORE AND PELVIC FLOOR ♥

### OLDER ADULT FRIENDLY

In this therapeutic series, we'll explore the relationship between body, breath, and nervous system and the surrounding areas which help to support the pelvic floor. Through movement, breath work and self compassion, we'll begin to release, relax, build strength and resilience. This class is gentle and inclusive, for all bodies wanting to enhance their pelvic floor health.

### SAANICH COMMONWEALTH PLACE

Tamara Cleaver

108565 M Mar 4-Apr 29 12:45-1:45pm 7/\$77

108567 M May 6-Jun 24 12:45-1:45pm 7/\$77

## INDOOR BIKE TRAINING ♥♥

Looking to build fitness and have fun? Led by certified cycling and triathlon coaches, these progressive workouts will improve your outdoor cycling-racing or recreational. Thursday night sessions include an optional run after the ride. All abilities welcome. Must supply bike and stationary trainer (some trainers are available to borrow).

### SAANICH COMMONWEALTH PLACE

Paul Regensburg - Pinnacle Fitness

#### TUESDAY ONLY

108467 Tu Jan 2-Mar 26 6pm-7:15pm 13/\$159

#### THURSDAY ONLY

108468 Th Jan 4-Mar 28 6pm-7:15pm 13/\$159

#### TUESDAY & THURSDAY

108510 Tu,Th Jan 2-Mar 28 6pm-7:15pm 26/\$269

## 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

107388 W Mar 6-May 1 7:45-8:45pm 9/\$97

107473 W May 8-Jun 19 7:45-8:45pm 7/\$76

## LOW & TONE ♥

### OLDER ADULT FRIENDLY

A low impact fitness class designed for a wide range of participants of all ages. Fun, easy to follow moves and upbeat music are combined with cardio and toning to leave you feeling your best!

### PROSPECT LAKE COMMUNITY HALL

Pat Rhodes

108961 Tu Mar 5-Apr 30 10:30-11:30am 9/\$81

108962 Tu May 7-Jun 18 10:30-11:30am 7/\$63

## MOVING BEYOND CANCER ♥

### OLDER ADULT FRIENDLY

Exercise has been proven to improve symptoms related to cancer at every stage of treatment and recovery. Two group fitness classes per week will empower you to feel your best while improving your strength, cardio, balance and flexibility in a supportive community environment. Modifications will be shown.

### SAANICH COMMONWEALTH PLACE

Anne Casey

107484 M,W Mar 25-Jun 12 1-1:45pm 22/\$136

## OLDER ADULT NEURODIVERSITY SOCIAL AND MOVEMENT CLASS 55YRS+ ♥

### OLDER ADULT FRIENDLY

A fun, welcoming, social and movement class for all older adults including those with diverse neurology, such as mild dementia, Parkinson's or Alzheimer's. Led by an older adult fitness instructor. First-time registrants, please call 250-475-5408 to determine if this program is a good fit for you!

### SAANICH COMMONWEALTH PLACE

JoAnn Gillespie

108444 W Apr 3-Jun 19 12:30-2:30pm 12/\$120

## PARENT AND BABE WATERFIT ♥

A special waterfit class for parents and babies up to 18 months. A great way to get into shape while getting your baby comfortable in the water in a fun and interactive way. This class is for babies up to 18 months. Drop-ins welcome if space allows, at a cost of \$12.00.

### SAANICH COMMONWEALTH PLACE

Karen Bogle

108978 W Mar 6-Apr 24 11-11:45am 8/\$74

108979 W May 1-Jun 19 11-11:45am 8/\$74



## PILATES PLUS - LEVEL 1 ♥

A scientific-based practice that features a strong clinical education component, facilitated by Joan Buna. Emphasis on the layers of the core, breathing and biomechanical alignments that reduce tension and influence patterns in the body. A simple but effective class to help you achieve a healthy lifestyle. No experience necessary.

### SAANICH COMMONWEALTH PLACE

Joan Buna

108572	M	Mar 4-Apr 29	5:10-6:10pm	7/\$77
108575	M	May 6-Jun 24	5:10-6:10pm	7/\$77

## PILATES PLUS - ONGOING ♥

This effective next-level program helps you achieve a healthy lifestyle, allowing you to do what you love to do.

### SAANICH COMMONWEALTH PLACE

Joan Buna

108580	M	Mar 4-Apr 29	6:20-7:20pm	7/\$77
108581	M	May 6-Jun 24	6:20-7:20pm	7/\$77

## SHIODA AIKIDO ♥

Learn the basic movements and techniques of Shioda Aikido in a family-friendly club environment. This martial art provides fun, fitness and self-defense training. It promotes learning through partner practice, rather than sparring and competition. Circular movements are used to redirect the body and energy of an attacker. 10 class pass available for those needing schedule flexibility. Adult 10/\$100 or Student 10/\$80.

### PROSPECT LAKE COMMUNITY HALL

Island Aikido

108956	Tu	Mar 5-Apr 30	7-8:30pm	9/\$90
108957	Tu	May 7-Jun 25	7-8:30pm	8/\$80

## STRENGTH AND CONDITIONING 50+YRS ♥

### OLDER ADULT FRIENDLY

This class offers a variety of strength exercises and functional movement patterns specially designed for active individuals. Sessions incorporate balls, bands, weighted bars and dumbbells.

### SAANICH COMMONWEALTH PLACE

Jan Del Mistro

#### MODERATE TO HIGH INTENSITY AEROBICS STYLE CLASS

<b>FULL</b>	Th	Mar 7-May 2	2-3pm	9/\$81
	Th	May 9-Jun 27	2-3pm	8/\$72

Tyler Zawacki

#### LOW PACED, HIGH INTENSITY THAT IMPROVES FUNCTIONAL MOVEMENTS

108857	Tu	Mar 5-Apr 30	2-3pm	9/\$81
108858	Tu	May 7-Jun 25	2-3pm	8/\$72

## STRENGTH AND CORE ♥♥

Sweat and sculpt your way to a strong core in this strength based fitness class and leave feeling strong and centered. This class focuses on strengthening all the muscles of your core, including the abdominals, back, hips, and glutes.

### SAANICH COMMONWEALTH PLACE

108446	W	Mar 6-May 1	9-10am	9/\$81
108447	W	May 8-Jun 19	9-10am	7/\$63

## STRETCH AND STRENGTH 50+YRS ♥

### OLDER ADULT FRIENDLY

Stretch, strengthen and increase your core stability using hand weights, stability balls, tubing, balance boards and body bars. 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

107398	M	Mar 4-Apr 29	11:30-12:30pm	8/\$72
107478	M	May 6-Jun 17	11:30-12:30pm	6/\$54

Pat Rhodes

107397	W	Mar 6-May 1	11:30-12:30pm	9/\$81
107477	W	May 8-Jun 19	11:30-12:30pm	7/\$63

Wanda Hanna

107399	F	Mar 8-May 3	11:30-12:30pm	8/\$72
107479	F	May 10-Jun 21	11:30-12:30pm	7/\$63

## SWIMFIT ♥

SwimFit is a basic stroke improvement session that is ideal for novice or intermediate swimmers who would like to improve their technique and fitness. If you can swim 50 meters, we can do the rest. A great start for those who would like to complete a triathlon. Designed and led by experienced coaches.

### SAANICH COMMONWEALTH PLACE

Paul Regensburg - Pinnacle Fitness

108459	M,W	Mar 4-May 1	10:45am-12pm	18/\$189
108464	M,W	May 6-Jun 26	10:45am-12pm	16/\$169

## HOW TO REGISTER

**ONLINE** at [saanich.ca/Recreation](https://saanich.ca/Recreation)

**PHONE** 250-475-7600

**IN PERSON** at any of our  
4 Recreation Centres



PARKS, RECREATION  
& COMMUNITY SERVICES

### 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.



OPTION OF EXERCISING  
WHILE SEATED

## SWIMFIT PLUS ♥♥

Swim your best this year! All levels of swimmers are welcome. Become a better swimmer - this is the best place to do it! Based on a structured swim progression and includes stroke improvement. Great for Master swimmers, triathlon or just for fitness! Designed and lead by certified coaches.

### SAANICH COMMONWEALTH PLACE

#### Paul Regensburg - Pinnacle Fitness

108460	M,W,F	Apr 1-Jun 28	12-1pm	39/\$389
108461	M	Apr 1-Jun 24	7:45-8:45pm	12/\$137
108463	Tu,Th	Apr 2-Jun 27	7:45-8:45pm	26/\$279
108462	Tu,Th	Apr 2-Jun 27	12-1pm	26/\$279

## TOTAL BODY WORKOUT ♥♥

Join these fun total-body shaping workouts to increase your strength, elevate your cardio, and build your core, endurance and flexibility! Be prepared to work hard and be challenged in a noncompetitive environment.

### SAANICH COMMONWEALTH PLACE

#### Rachel Houle

107403	M	Mar 4-Apr 29	7:15-8:15pm	8/\$72
107434	M	May 6-Jun 17	7:15-8:15pm	6/\$54

#### Ann Bookman

107405	Tu	Mar 5-Apr 30	9:10-10am	9/\$81
107437	Tu	May 7-Jun 18	9:10-10am	7/\$63

#### Jan Del Mistro

107404	F	Mar 8-May 3	9:10-10:10am	7/\$63
107435	F	May 10-Jun 21	9:10-10:10am	7/\$63

## TRX SUSPENSION TRAINING WORKOUT ♥♥

TRX Suspension Training is a bodyweight resistance system that is easily modified for all fitness levels. This program provides total-body strengthening in an innovative and fun format. Options provided for all levels.

### SAANICH COMMONWEALTH PLACE

107407	F	Mar 8-May 3	10:30-11:20am	7/\$76
107433	F	May 10-Jun 21	10:30-11:20am	7/\$76

## WEIGHT ROOM ORIENTATION ♥ OLDER ADULT FRIENDLY

Familiarize yourself with our facility and get an overview of the basics of strength training. Safe use of equipment and etiquette are important to us. An orientation is recommended before using the weight room. Youth 13-15 years and Seniors 60+ years are free. Book online or call reception at 250-475-7600 to register.

### SAANICH COMMONWEALTH PLACE

Tue	5:30-6:30pm
Wed	5:30-6:30pm
Sun	11:30am-12:30pm
Fri	8:30-9:30am 60yrs+ ONLY

## WEIGHT TRAINING - SMALL GROUP 50YRS+ ♥

In this small group format you'll learn proper techniques for strength training in the weight room, including safely improving your core, stamina, and flexibility. Suitable for all levels. (Max of 6:1 ratio).

### SAANICH COMMONWEALTH PLACE

#### Troy Urlacher

#### OLDER ADULT FRIENDLY

<b>FULL</b>	Tu	Mar 5-Apr 30	11am-12pm	9/\$106
108967	Tu	May 7-Jun 25	11am-12pm	8/\$94
108972	Th	Mar 7-May 2	11am-12pm	9/\$106
108973	Th	May 9-Jun 27	11am-12pm	8/\$94
<b>FULL</b>	F	Mar 8-May 3	10:15-11:15am	8/\$94
<b>FULL</b>	F	May 10-Jun 28	10:15-11:15am	8/\$94

## YOGA - BEND IT LIKE PECKHAM

The essence of yoga practice is balance in our lives and being present to the moment. Designed for those with some experience, this practice covers standing poses, leg stretches, simple backbends, hip openers, spinal twists, and restorative poses. Breath awareness and deep relaxation are also emphasized. Evening classes are gentle and welcome all levels.

### SAANICH COMMONWEALTH PLACE

#### Mary Elizabeth Peckham

#### GENTLE ♥

108941	W	Mar 6-May 1	5:15-6:30pm	8/\$110
108942	W	May 8-Jun 26	5:15-6:30pm	8/\$110

#### INTERMEDIATE ♥♥

108944	W	Mar 6-May 1	11am-12:30pm	8/\$132
108946	W	May 8-Jun 26	11am-12:30pm	8/\$132

## YOGA - EMPOWER FLOW ♥

Deepen your capacity and condition for regular practice by exploring similar movements, related poses, or themes for one month. Infused with inspiration, this flowing practice incorporates creative sequencing grounded in functional anatomy, helps to connect breath and movement, builds strength and encourages you to embrace your divinity. Some yoga experience recommended.

### SAANICH COMMONWEALTH PLACE

#### Andrea Ting-Luz

108562	Tu	Mar 5-Apr 30	5-6:15pm	8/\$110
108563	Tu	May 7-Jun 25	5-6:15pm	8/\$110

## YOGA - EVENING FLOW ♥♥

Unwind your day with a dynamic sequence of postures to build heat through the breath and movement of the body, and then settle into a quiet series of finishing poses to rinse out and re-balance from the day. Some yoga experience helps, but modifications will be provided.

### SAANICH COMMONWEALTH PLACE

#### Julia Vosburgh

108933	W	Mar 6-Apr 24	7:15-8:15pm	7/\$77
108934	W	May 1-Jun 26	7:15-8:15pm	9/\$99

## YOGA - HATHA FLOW ♥

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

### CORDOVA BAY 55 PLUS ASSOCIATION

Tessa Rae Hamelin

105944	M	Mar 4-Apr 22	5:30-7pm	7/\$116
105945	M	Apr 29-Jun 17	5:30-7pm	7/\$116

## YOGA - IYENGAR - ALL LEVELS ♥

This class is active and challenging in a good way. It is not for students with serious physical limitations. Iyengar yoga can be adapted for all bodies with the use of props and focus on alignment. Learn to reduce stress and to improve your posture, breath function and self-awareness.

### SAANICH COMMONWEALTH PLACE

Ty Chandler

108951	Th	Apr 4-May 9	5-6:15pm	6/\$83
109020	Th	May 16-Jun 20	5-6:15pm	6/\$83

## YOGA FOR PREGNANCY AND BIRTH PREPARATION ♥

Deepen your connection with body, breath, heart and baby, and feel more mentally prepared and empowered to give birth. Learn gentle movements, guided meditation and breathing practices to ease discomfort. We value each person's journey; all pregnant folks are welcome. No yoga experience is necessary. Modifications offered for all stages. Taught by an experienced Doula and Birth Educator.

### SAANICH COMMONWEALTH PLACE

Tamara Cleaver

108948	Sa	Apr 13-Jun 8	1:30-2:30pm	8/\$88
110905	Sa	Mar 16-Apr 13	1:30-2:30pm	5/\$55

## YOGA FOR A SOLID FOUNDATION ♥

A Hatha yoga class accessible to all levels of practice. Each class is designed to build better body awareness and conditioning through intentional movement. Poses will often be held for extended periods of time, creating a focus on alignment and release into the present moment. Modifications are provided to support the uniqueness of each body.

### SAANICH COMMONWEALTH PLACE

Jewel Dubuc

108601	M	Mar 4-Apr 29	7:30-8:30pm	7/\$77
108602	M	May 6-Jun 24	7:30-8:30pm	7/\$77

## HOW TO REGISTER

**ONLINE** at [saanich.ca/Recreation](https://saanich.ca/Recreation)  
**PHONE** 250-475-7600  
**IN PERSON** at any of our  
4 Recreation Centres



## YOGA THERAPY FOR GRACEFUL AGING ♥

OLDER ADULT FRIENDLY

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 Sinstadt

108927	Tu	Mar 26-Apr 30	3:45-4:45pm	6/\$83
108928	Tu	May 7-Jun 25	3:45-4:45pm	8/\$110

## YOGALATES ♥

OLDER ADULT FRIENDLY

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

### SAANICH COMMONWEALTH PLACE

Talia Boughton

107408	Su	Jan 14-Mar 3	11am-12pm	8/\$88
107409	Su	Mar 10-May 5	11am-12pm	8/\$88
107427	Su	May 12-Jun 23	11am-12pm	7/\$77

## ZUMBA FITNESS ♥

Zumba fitness classes take the "work" out of "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

107411	Th	Mar 7-May 2	10:30-11:30am	8/\$96
107426	Th	May 9-Jun 20	10:30-11:30am	7/\$84

