

HEALTH & FITNESS PROGRAMS

SUMMER 2025



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

126901 M May 5-Jun 16 2:15-3:15pm 6/\$56

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

127818 Th May 8-Jun 19 9:15-10:15am 7/\$105

INTRO LEVEL

WESTCOAST ACADEMY FOR THE PERFORMING ARTS

Justina Bailey

131214 Tu May 6-Jun 24 1:30-2:30pm 8/\$120

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.

SAANICH COMMONWEALTH PLACE

Rachel Houle

130616 Tu May 6-Jun 24 10-11am 8/\$74

130617 Th May 8-Jun 26 10-11am 8/\$74

138773 Th Jul 3-Aug 21 8-8:50am 8/\$74

AQUA ZUMBA ♥ OLDER ADULT FRIENDLY

Ideal for 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 and helps tone your muscles.

SAANICH COMMONWEALTH PLACE

Samantha Avis

130625 W Apr 30-Jun 25 7:15-8:15pm 9/\$113

130626 F May 2-Jun 27 6-7pm 9/\$113

138774 W Jul 2-Aug 20 7:15-8:15pm 7/\$79

BARRE FITNESS ♥

An excellent regime of ballet, Pilates, yoga, strength and flexibility training using a ballet barre. This total body conditioning technique is a low-intensity workout that will transform and sculpt your entire body. Strong focus on postural strength and alignment. Open to all levels.

SAANICH COMMONWEALTH PLACE

Shannon

137958 W Jul 2-Aug 27 5:30-6:30pm 9/\$104

Ann Bookman

137959 Th Jul 3-Aug 28 9:10-10am 9/\$104

Kathleen Baker

138097 M Jul 7-Aug 18 7-7:50am 6/\$69

HOW TO REGISTER

ONLINE at 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

BABE AND ME 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.

SAANICH COMMONWEALTH PLACE

Karen Bogle

130620 W Apr 30-Jun 25 11-11:45am 9/\$84

BABY AND ME CORE AND MORE ♥

A safe core class for you to sculpt and strengthen your abdominals, lower back and glute muscles, with your baby by your side. Babies should not be older than 18mths.

SAANICH COMMONWEALTH PLACE

Jan Del Mistro

126922 Th May 8-Jun 19 11:45am-12:30pm 7/\$65

138102 Th Jul 3-31 11:45am-12:30pm 5/\$47

BALANCE AND STRENGTH ♥ OLDER ADULT FRIENDLY

These strength-based exercises on and around the chair 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

126928 F May 9-Jun 20 1:15-2:15pm 7/\$65

BALANCE BOOSTER® 45+yrs ♥ 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

134260 Th May 8-Jun 19 1-1:50pm 7/\$65

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

126933 Su May 11-Jun 15 11:45am-12:45pm 6/\$56

137960 Su Jul 6-27 11:45am-12:45pm 4/\$46

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. 5x pass available, cost: \$65.

Purchase at SCP only.

PROSPECT LAKE COMMUNITY HALL

Jennifer Ablack

126898 M May 5-Jun 16 9-10am 6/\$56

Donna Renaud

126912 W May 7-Jun 18 9-10am 7/\$65

SAANICH COMMONWEALTH PLACE

Wanda Hanna

129792 F May 9-Jun 27 7:30-8:30am 8/\$74

139064 F Jul 4-Aug 1 7:30-8:30am 5/\$47

139106 F Aug 8-22 7:30-8:30am 3/\$28

BOXING ♥

Punch-up your fitness routine! Learn boxing techniques and conditioning drills, while getting a full body workout. We focus on proper form and technique, ensuring you improve muscle memory, coordination, strength, balance and endurance and decrease your risk of injury. Taught by a real boxing coach, this fun, exciting workout will get you the results you're looking for.

SAANICH COMMONWEALTH PLACE

Don Ouelette

126846 M May 5-Jun 16 7:45-8:45pm 6/\$65

126929 F May 9-Jun 20 5:45-7pm 7/\$95

137964 F Jul 4-Aug 1 5-6pm 5/\$54

137965 M Jul 7-Aug 25 6:45-7:45pm 7/\$76

138362 F Aug 8-Aug 29 5-6pm 4/\$43

50yrs+ OLDER ADULT FRIENDLY

SAANICH COMMONWEALTH PLACE

Don Ouelette

126930 Su May 11-Jun 15 8:10-9:10am 6/\$65

137961 Su Jul 6-27 8:15-9:15am 4/\$43

137962 Su Aug 10-31 8:15-9:15am 4/\$43

BUILD BETTER BONES ♥ OLDER ADULT FRIENDLY

Develop and maintain bone strength while working on fall prevention and reducing the risk of fractures through core strength training, balance exercises, and proper posture.

SAANICH COMMONWEALTH PLACE

Anne Casey

126900 M May 5-Jun 16 2-3pm 6/\$56

126915 W May 7-Jun 18 2-3pm 7/\$65

137966 M Jul 7-Aug 25 2-3pm 7/\$65

137967 W Jul 9-Aug 27 2-3pm 8/\$74

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OPTION OF EXERCISING
WHILE SEATED

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

126906	T	May 6-Jun 17	11:30am-12:30pm	7/\$65
126921	Th	May 8-Jun 19	11:30am-12:30pm	7/\$65

CIRCUIT TRAINING - SMALL GROUP ♥

Circuit training is an efficient method of improving your cardio, strength and endurance. This program is suitable for all levels, as progressions and regressions for all exercises will be taught.

SAANICH COMMONWEALTH PLACE

Tyson Roe

135389	Su	May 4-Jun 22	9-10am	8/\$100
130461	Su	May 4-Jun 22	10-11am	8/\$100
139089	Su	Jun 29-Jul 27	9-10am	5/\$63
139067	Su	Jun 29-Jul 27	10-11am	5/\$63
139110	Su	Aug 3-24	9-10am	4/\$50
139109	Su	Aug 3-24	10-11am	4/\$50

CIRCUIT TRAINING - SMALL GROUP 50yrs+ ♥

OLDER ADULT FRIENDLY

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

Brian MacDonald

139065	M	Jun 30-Jul 28	10:15-11:15am	5/\$63
139107	M	Aug 11-25	10:15-11:15am	3/\$38
Shannon Kirk				
139066	W	Jul 2-Jul 30	10:15-11:15am	5/\$63
139108	W	Aug 6-20	10:15-11:15am	3/\$38

EASY FIT ♥ OLDER ADULT FRIENDLY

Ease slowly and safely back into a gentle fitness routine. This class focuses on gradually improving your ability to move as the fitness instructor leads the class through easy strengthening and balance-building exercises. Includes 20+ minutes of standing exercises. Build confidence and become more fit in this supportive class.

SAANICH COMMONWEALTH PLACE

Catherine Hollett

126908	Tu	May 6-Jun 17	1:15-2:15pm	7/\$46
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FIT AND IMPROVED ♥♥ OLDER ADULT FRIENDLY

Let our qualified trainers help you meet your individual fitness goals! Improve your body composition, muscular strength, flexibility and more. We'll track your progress to facilitate your best results. This is a small group class with 4:1 ratio, includes 10x SCP weight room pass, valid for duration of the program.

SAANICH COMMONWEALTH PLACE

Nina Baumbach

139069	M,W	Jun 30-Aug 25	6:30-7:30pm	16/\$240
139068	M,W	Jun 30-Aug 25	7:45-8:45pm	16/\$240

FLEX AND 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

126936	W	May 7-Jun 18	8-8:50am	7/\$65
137969	W	Jul 2-Aug 27	8-8:50am	9/\$84

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

126909	Tu	May 6-Jun 17	5:45-6:40pm	7/\$65
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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.

VIA ZOOM

Janna Reimer

126896	Su	May 4-May 25	9:15-10:15am	4/\$27
126937	Su	Jun 1-Jun 29	9:15-10:15am	5/\$34
137970	Su	Jul 6-27	9:15-10:15am	4/\$27
137971	Su	Aug 3-31	9:15-10:15am	5/\$34

HOW TO REGISTER

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PARKS, RECREATION
& COMMUNITY SERVICES

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OPTION OF EXERCISING
WHILE SEATED

INDOOR ROWING ♥♥

Join Trish to improve your fitness and have fun with classes on the Concept II rowing ergometer. Small class for individual attention on proper rowing form along with a complete aerobic interval workout. All levels and ages welcomed.

SAANICH COMMONWEALTH PLACE

Trish Mara

139071	Sa	Jun 28-Jul 26	11:30am-12:30pm	5/\$65
139070	M	Jun 30-Jul 28	5:30-6:30pm	5/\$65
139112	Sa	Aug 2-23	11:30am-12:30pm	4/\$52
139111	M	Aug 11-25	5:30-6:30pm	3/\$39

KICKBOXING ♥

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

126917	W	May 7-Jun 18	7:45-8:45pm	7/\$76
137972	W	Jul 2-Aug 27	7:45-8:45pm	9/\$97
138677	Th	Jul 3-Aug 21	5-6pm	8/\$86

KICKBOXING/BOXING CORE ♥♥

While often neglected, core conditioning is essential for martial arts. A strong core transcends sports, and improves your every day life. While this workout is designed to compliment Saanich Commonwealth Place's kickboxing and boxing classes, it's open to anyone wanting to improve their core conditioning.

SAANICH COMMONWEALTH PLACE

Don Ouelette

126904	M	May 5-Jun 16	8:45-9:15pm	6/\$33
126918	W	May 7-Jun 18	8:45-9:15pm	7/\$38
137973	W	Jul 2-Aug 27	8:45-9:15pm	9/\$49
137974	M	Jul 7-Aug 25	8:45-9:15pm	7/\$38

MOVING BEYOND CANCER ♥ ♿

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. Late registrations are accepted and will be pro-rated.

SAANICH COMMONWEALTH PLACE

Anne Casey

137975	M,W	Jul 7-Aug 27	12:45-1:45pm	15/\$90
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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 bio-mechanical 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

127756	M	May 5-Jun 23	5:10-6:10pm	7/\$81
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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

127759	M	May 5-Jun 23	6:20-7:20pm	7/\$81
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STRENGTH AND CONDITIONING 50yrs+ ♥

Get fitter and stronger as you progress through the classes in this session. Use a variety of athletic training equipment and techniques to improve your movements and mind in ways that will benefit your daily life and extra curricular activities.

SAANICH COMMONWEALTH PLACE

Shannon Kirk

139074	Tu	Jul 8-29	2-3pm	4/\$37
139125	Tu	Aug 5-26	2-3pm	4/\$37

Jan Del Mistro

139073	Th	Jul 3-31	2-3pm	5/\$47
139122	Th	Aug 7-28	2-3pm	4/\$37

STRENGTH AND CORE ♥

Sweat and sculpt your way to a strong core 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

Jennifer Ablack

126913	W	May 7-Jun 18	9-10am	7/\$65
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STRENGTH CIRCUIT - SMALL GROUP ♥♥

This circuit class uses weights and strength equipment to focus on improving your strength, mobility, and power. The small group format of six participants allows for more individual coaching to better suit your individual needs. This class does not occur in the weight room.

SAANICH COMMONWEALTH PLACE

Rachel Houle

139075	M	Jun 30-Jul 28	6:30-7:15pm	5/\$63
139126	M	Aug 11-25	6:30-7:15pm	3/\$38

WOMEN'S ONLY

139076	M	Jun 30-Jul 28	5:30-6:20pm	5/\$63
139127	M	Aug 11-25	5:30-6:20pm	3/\$38

STRETCH AND STRENGTH 50yrs+ ♥♥

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

137976 M Jul 7-Aug 25 11:30am-12:30pm 7/\$65

Pat Rhodes

137977 W Jul 2-Aug 27 11:30am-12:30pm 9/\$84

Wanda Hanna

137978 F Jul 4-Aug 29 11:30am-12:30pm 9/\$84

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 metres, 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

130214 M,W May 5-Jun 25 10:45am-12pm 16/\$189

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

137981 M Jul 7-Aug 25 7:30-8:30pm 7/\$65

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

Ann B/Donna R

126925 F May 9-Jun 20 10:30-11:20am 7/\$77

WEIGHT TRAINING - SMALL GROUP 50yrs+ ♥

OLDER ADULT FRIENDLY

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

Shannon Kirk

130480 Tu May 6-Jun 24 11am-12pm 8/\$100

139084 Tu Jul 8-29 11am-12pm 4/\$50

139086 F Jul 4-Aug 1 10:15-11:15am 5/\$63

139133 Tu Aug 5-26 11am-12pm 4/\$50

139135 F Aug 8-22 10:15-11:15am 3/\$38

Trevor Beck

130483 Th May 8-Jun 26 11am-12pm 8/\$100

139085 Th Jul 3-31 11am-12pm 5/\$63

139134 Th Aug 7-21 11am-12pm 3/\$38

YOGA

YOGA - CHAIR YOGA

With emphasis on the breath, practice full-body movements for strength, balance and mobility. Experience the benefits of yoga including feeling calmer and more focused, increased flexibility, better balance and overall vitality.

SAANICH COMMONWEALTH PLACE

Rena Sinstadt

128895 W May 7-Jun 18 1-1:45pm 7/\$61

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

138013 W Jul 9-Aug 13 5:15-6:30pm 6/\$87

YOGA FLOW

Experience a mindful class that begins by uniting breath, mind, and movement. The practice gracefully transitions from one pose to another, creating fluid movement sequences, culminating in a serene relaxation during savasana.

SAANICH COMMONWEALTH PLACE

Julia Vosburgh

131176 W May 7-Jun 18 7:15-8:15pm 7/\$81

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OPTION OF EXERCISING
WHILE SEATED

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

Sophie Suzuki

128926	M	Apr 28-Jun 16	5:30-6:45pm	7/\$116
135951	M	Jul 7-Aug 25	5:30-6:45pm	6/\$86

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

128044	Th	May 8-Jun 19	5-6:15pm	7/\$101
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YOGA - POWER ♥♥♥

Power yoga is a dynamic and fast-paced style of yoga that focuses on building strength and endurance. It's a great way to challenge yourself with a full-body workout while also improving your core strength, flexibility and balance.

SAANICH COMMONWEALTH PLACE

Shannon Kirk

126934	Su	May 11-Jun 15	12:15-1:15pm	6/\$69
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Talia Boughton

137982	Su	Jul 6-27	12-12:50pm	4/\$46
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YOGA - SLOW FLOW ♥

This slower-paced flow class allows time to explore the postures while improving strength, flexibility, balance and calm. Starting with a gentle warm up and moving into a slower flow, we'll hold some poses longer. Feel your body energize with movement, concluding in total relaxation with savasana.

SAANICH COMMONWEALTH PLACE

Rena Sinstadt

127895	Tu	May 6-Jun 17	3:45-4:45pm	7/\$81
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Chandler McMurray-Ives

138681	Tu	Jul 8-Aug 19	9-10am	6/\$69
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YOGA - YIN ♥

Yin yoga consists of long-held floor postures that focus primarily on the connective tissues of the hips, spine and legs. Join Chandler for this quiet yet energetically powerful practice to release tension and increase flexibility. All levels welcome, no experience necessary.

SAANICH COMMONWEALTH PLACE

Chandler McMurray-Ives

127784	M	May 5-Jun 23	7:30-8:45pm	7/\$101
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YOGA - STRENGTH AND EASE ♥

Create a strong practice that builds subtlety over force. This all-levels class offers modifications to intelligently activate your alignment, making your poses efficient and effective. Students should be able to get up and down from the floor easily for

this class. Yogis will focus on breath, asana, and meditation to support a lifelong practice.

SAANICH COMMONWEALTH PLACE

Kelly Urquhart

127778	Tu	May 6-Jun 17	10:15-11:30am	7/\$101
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127781	F	May 9-Jun 20	11:45am-1pm	7/\$101
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138014	Tu	Jul 8-Aug 19	11:30am-12:30pm	7/\$81
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YOGA AND MOBILITY FOR 55+ ♥ OLDER ADULT FRIENDLY

Gentle Hatha yoga combined with creative somatic movements encourages and enhances mobility. 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 easily. Meditation and relaxation techniques will be offered.

SAANICH COMMONWEALTH PLACE

Kelly Urquhart

127801	Tu	May 6-Jun 17	11:45am-1pm	7/\$101
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127804	Th	May 8-Jun 19	2-3:15pm	7/\$101
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138015	Tu	Jul 8-Aug 19	12:45-1:45pm	7/\$81
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YOGA PILATES FUSION ♥♥

A powerful fusion of yoga, Pilates, and traditional fitness training that enhances strength, muscle definition, flexibility and balance. The incorporation of breath control into seamless sequences promotes calorie burning and enhances overall mind-body wellness.

SAANICH COMMONWEALTH PLACE

Talia Boughton

126932	Su	May 11-Jun 15	11-11:50am	6/\$69
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137984	Su	Jul 6-27	11-11:50am	4/\$46
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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

126920	Th	May 8-Jun 19	10:30-11:30am	7/\$88
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137987	F	Jul 4-Aug 29	5:45-6:45pm	9/\$113
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