

# HEALTH & FITNESS PROGRAMS

# WINTER 2023

@ SAANICH COMMONWEALTH PLACE



Programs starting soon with space available!

## 20-20-20 ♥

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

SAANICH COMMONWEALTH PLACE

Rosalee Russo

[88671](#) M Mar 7-Apr 25 2:15-3:15pm 6/\$52  
[88672](#) M May 2-Jun 20 2:15-3:15pm 7/\$61

## 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

[88673](#) W Mar 8-Apr 26 2:30-3:30pm 7/\$61  
[88674](#) W May 3-Jun 21 2:30-3:30pm 8/\$70

## AQUA ZUMBA ♥

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.

SAANICH COMMONWEALTH PLACE

Samantha Avis

[88687](#) Tu Mar 7-Apr 25 7:15-8:15pm 8/\$90  
[88680](#) F Mar 10-Apr 28 6-7pm 7/\$79  
[88688](#) Tu May 2-Jun 20 7:15-8:15pm 8/\$90  
[88682](#) F May 5-Jun 23 6-7pm 8/\$90

## 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

[88694](#) F Mar 10-Apr 28 1:30-2:15pm 6/\$52  
[88696](#) F May 5-Jun 23 1:30-2:15pm 8/\$70



PARKS, RECREATION  
& COMMUNITY SERVICES

### BOX FIT ♥♥

Boxers are some of the best conditioned athletes in the world. Now you can get 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**

[88826](#) Th Mar 9-Apr 27 8:15-9:15pm 8/\$86  
[88827](#) Th May 4-Jun 22 8:15-9:15pm 8/\$86

### 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**

[88829](#) Su Mar 5-Apr 23 8:15-9:15am 8/\$86  
[88831](#) Su Apr 30-Jun 18 8:15-9:15am 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**

[88835](#) Tu Mar 7-Apr 25 11:30am-12:30pm 8/\$70  
[88837](#) Th Mar 9-Apr 27 11:30am-12:30pm 8/\$70  
[88836](#) Tu May 2-Jun 20 11:30am-12:30pm 8/\$70  
[88838](#) Th May 4-Jun 22 11:30am-12:30pm 8/\$70

### 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

**Sarah Darnell/Jackie Dunham**

[88851](#) Tu,Th Mar 7-Apr 27 12:30-1:30pm 16/\$147  
[88852](#) Tu,Th May 2-Jun 22 12:30-1:30pm 16/\$147

### 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**

[88918](#) Tu Mar 7-Apr 25 12:45-1:30pm 8/\$49  
[88919](#) Tu May 2-Jun 20 12:45-1:30pm 8/\$49  
[88920](#) Th Mar 9-Apr 27 12:45-1:30pm 8/\$49  
[88921](#) Th May 4-Jun 22 12:45-1:30pm 8/\$49

## 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.

## REGISTER NOW!

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

### 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**

<a href="#">88637</a>	Su	Feb 5-Feb 26	9:15-10:15am	4/\$27
<a href="#">90804</a>	Su	Mar 5-Mar 26	9:15-10:15am	4/\$27
<a href="#">90805</a>	Su	Apr 2-Apr 30	9:15-10:15am	5/\$34
<a href="#">90806</a>	Su	May 7-May 28	9:15-10:15am	4/\$27
<a href="#">90807</a>	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**

**David Keta**

<a href="#">92266</a>	F	Mar 10-Apr 28	7:30-8:30am	7/\$70
<a href="#">87997</a>	F	May 5-Jun 23	7:30-8:30am	7/\$70

### HIIT & SCULPT ♥♥

High intensity interval training brings together intensity and short rest breaks to burn fat and increase metabolism long after the class is over. 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.

**SAANICH COMMONWEALTH PLACE**

**Wanda Hanna**

<a href="#">88924</a>	F	Mar 10-Apr 28	1-2pm	6/\$52
<a href="#">88925</a>	F	May 5-Jun 23	1-2pm	8/\$70

### INDOOR ROWING ♥♥

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**

**David Keta**

<a href="#">87998</a>	Th	Feb 2-Mar 2	7-8pm	5/\$67
<a href="#">87999</a>	Th	Mar 9-Apr 6	7-8pm	5/\$67

### 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**

<a href="#">88926</a>	W	Mar 8-Apr 26	7:45-8:45pm	8/\$86
<a href="#">88927</a>	W	May 3-Jun 21	7:45-8:45pm	8/\$86

### PARENT AND BABE CORE & MORE ♥

A core class safe for new parents 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.

**SAANICH COMMONWEALTH PLACE**

**Jan Del Mistro**

<a href="#">88642</a>	Th	Mar 9-Apr 27	12:45-1:30pm	7/\$61
<a href="#">88928</a>	Th	May 4-Jun 22	12:45-1:30pm	8/\$70

### 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 at a cost of \$12.

**SAANICH COMMONWEALTH PLACE**

**Karen Bogle**

<a href="#">88929</a>	W	Mar 8-Apr 26	11-11:45am	8/\$74
<a href="#">88930</a>	W	May 3-Jun 21	11-11:45am	8/\$74

### 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**

<a href="#">88935</a>	Tu	Mar 7-Apr 25	6-6:55pm	8/\$84
<a href="#">88936</a>	Tu	May 2-Jun 20	6-6:55pm	8/\$84

**REGISTER NOW!**

**ONLINE** [at Saanich.ca/active](https://www.saanich.ca/active)  
**PHONE** 250-475-7600  
**IN PERSON** at any of our centres

### 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

<a href="#">88863</a>	M	Mar 6-Apr 24	5:10-6:10pm	6/\$63
<a href="#">88867</a>	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

<a href="#">88874</a>	M	Mar 6-Apr 24	6:20-7:20pm	6/\$63
<a href="#">88875</a>	M	May 1-Jun 26	6:20-7:20pm	8/\$84

### SMALL GROUP TRAINING ♥

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

#### SAANICH COMMONWEALTH PLACE

##### Shirley McCuaig

<a href="#">88018</a>	Tu	Mar 7-Apr 25	11am-12pm	8/\$90
<a href="#">88016</a>	Th	Mar 9-Apr 27	11am-12pm	8/\$90
<a href="#">88019</a>	Tu	May 2-Jun 27	11am-12pm	9/\$101
<a href="#">88017</a>	Th	May 4-Jun 29	11am-12pm	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

<a href="#">88939</a>	M	Mar 6-Apr 24	11:30am-12:30pm	7/\$61
<a href="#">88940</a>	M	May 1-Jun 19	11:30am-12:30pm	7/\$61

##### Pat Rhodes

<a href="#">88649</a>	W	Mar 8-Apr 26	11:30am-12:30pm	8/\$70
<a href="#">88938</a>	W	May 3-Jun 21	11:30am-12:30pm	8/\$70

##### Wanda Hanna

<a href="#">88941</a>	F	Mar 10-Apr 28	11:30am-12:30pm	7/\$61
<a href="#">88942</a>	F	May 5-Jun 23	11:30am-12:30pm	8/\$70

### 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

<a href="#">88037</a>	M	Mar 6-Apr 24	7:45-8:45pm	7/\$61
<a href="#">88036</a>	M	May 1-Jun 26	7:45-8:45pm	8/\$70

##### Ann Bookman

<a href="#">88943</a>	Tu	Mar 7-Apr 25	9:10-10am	8/\$70
<a href="#">88944</a>	Tu	May 2-Jun 20	9:10-10am	8/\$70

##### David Keta

<a href="#">88937</a>	F	Mar 10-Apr 28	9:10-10:10am	7/\$61
<a href="#">88647</a>	F	May 5-Jun 23	9:10-10:10am	8/\$70

### TRX SUSPENSION TRAINING WORKOUT ♥♥

TRX Suspension training is a body-weight resistance system that is easily modified for all fitness levels. This program will give you total body strengthening in an innovative and fun format.

#### SAANICH COMMONWEALTH PLACE

##### David Ristau

<a href="#">88945</a>	F	Mar 10-Apr 28	10:30-11:20am	6/\$65
<a href="#">88946</a>	F	May 5-Jun 23	10:30-11:20am	8/\$86

### YIN YANG YOGA ♥

Yin Yang Yoga blends two styles of yoga into one practice for a class that is half flow and half restorative yoga. Feel the benefits of passively holding yoga poses combined with more dynamic sequences and standing postures. By combining the two styles of yoga, Yin Yang yoga improves energy and fitness while promoting relaxation and healing.

#### SAANICH COMMONWEALTH PLACE

##### Talia Boughton

<a href="#">95766</a>	Feb 14-28	7:05-8pm	2/\$21
<a href="#">95767</a>	Mar 14-Apr 25	7:05-8pm	7/\$74
<a href="#">95768</a>	May 2-Jun 20	7:05-8pm	8/\$84

### 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

<a href="#">88196</a>	Tu	Mar 7-Apr 25	5:15-6:15pm	7/\$74
<a href="#">88193</a>	W	Mar 1-Apr 26	9:15-10:30am	8/\$105
<a href="#">88197</a>	Tu	May 2-Jun 20	5:15-6:15pm	8/\$84
<a href="#">88194</a>	W	May 3-Jun 21	9:15-10:30am	8/\$105



### YOGA - GENTLE YOGA ♥

For students comfortable with balance, and getting up and down to the floor smoothly. We'll work on a variety of yoga exercises to create a balance between strength and flexibility, and build confidence so you can practice at home safely.

#### CORDOVA BAY 55 PLUS ASSOCIATION

[Tessa Rae Hamelin](#)

[88535](#) Tu Mar 14-May 2 3-4pm 8/\$84

[88994](#) Tu May 9-Jun 27 3-4pm 8/\$84

### 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](#)

[88537](#) M Mar 13-May 1 5:30-7pm 7/\$111

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

### 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](#)

[88764](#) Tu Mar 7-Apr 25 3:45-4:45pm 7/\$90

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

### 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](#)

[88681](#) Tu Mar 7-Apr 25 11:45am-1pm 7/\$92

[88695](#) Th Mar 2-Apr 27 2-3:15pm 8/\$105

[88685](#) Tu May 2-Jun 20 11:45am-1pm 8/\$105

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

### 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

[Wynoa Cole](#)

[90887](#) M Apr 3-Jun 12 7:30-8:45pm 9/\$119

### 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](#)

[88947](#) Su Mar 5-Apr 23 11am-12pm 8/\$84

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

### 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](#)

[88949](#) Th Mar 9-Apr 27 10:30-11:30am 7/\$79

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