

HEALTH & FITNESS PROGRAMS

Winter & Spring



HEALTH & FITNESS - EDUCATION

CHOOSE TO MOVE ♥ OLDER ADULT FRIENDLY

Are you an older adult looking for motivation to become physically active? Choose to Move is a FREE 3-month program for older adults who are inactive and wishing to become more active. Choose to Move is not a fitness class or movement class. It is a motivational coaching program where you will meet with an Activity Coach and other participants to discuss ways to incorporate more physical activity into your life. To learn more about Choose to Move visit www.choosetomove.ca.

Participants of Choose to Move may take the free ActiAge™ program concurrently.

SAANICH COMMONWEALTH PLACE

[Tammy Dunlop](#)

CHOOSE TO MOVE - INFORMATION SESSION

154315 Tu Feb 3 2:30-3:30pm FREE

CHOOSE TO MOVE – 3 MONTH PROGRAM

150746 Tu Feb 10-Apr 28 2:30-3:30pm FREE

THE MENOPAUSE RESISTANCE ♥

This class will help you navigate the physical changes of menopause by building strength, improving bone density, and enhancing overall well-being with resistance bands and bodyweight exercises, empowering you to feel stronger and more balanced. This class will teach you strength training exercises that you can do anytime, anywhere.

SAANICH COMMONWEALTH PLACE

[Alex Wade](#)

151675 M,W Mar 2-Apr 29 2-3pm 17/\$162

151676 M,W May 4-Jun 17 2-3pm 13/\$124

NORDIC POLE WALKING - INTRODUCTION ♥

Learn the basics of Nordic pole walking with a short video presentation, instructions and practical experience to familiarize and gain proficiency with walking with poles. Some walking poles will be available or participants can bring their own.

SAANICH COMMONWEALTH PLACE

152873 Sa Apr 18 1-2:30pm \$15

HEALTH & FITNESS - FITNESS JOURNEY

EASY FIT ♥ OLDER ADULT FRIENDLY

Improve your strength, balance, and confidence in a welcoming environment. This class features low-impact exercises designed to support everyday movement. Expect a mix of seated and standing work, including 20+ minutes of standing exercises. Recommended for participants who can comfortably stand for at least 30 minutes. Chairs are available throughout for support or rest when needed.

SAANICH COMMONWEALTH PLACE

[Catherine Hollett](#)

151517 Tu Mar 3-Apr 28 1:15-2:15pm 9/\$77

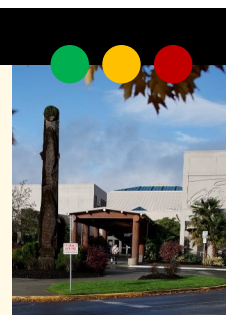
151518 Tu May 5-Jun 16 1:15-2:15pm 7/\$60

FACILITY STATUS

Know before you go!

If you are wondering if there are any closures at Saanich Commonwealth Place? View the operating status of any Saanich recreation facility on saanich.ca anytime. Bookmark the page today!

saanich.ca/status



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

KEEP FIT ♥ OLDER ADULT FRIENDLY

Stay active and strong with simple, effective exercises that support overall wellness. Keep Fit focuses on building strength, improving mobility, and enhancing endurance through easy to follow movements. This is a fully standing 60-minute class, so participants should be able to remain standing for the entire duration. However, chairs can be supplied for support as required.

SAANICH COMMONWEALTH PLACE

Cynthia Eymundson

151520	Tu	Mar 3-Apr 28	2-3pm	9/\$77
151521	Tu	May 5-Jun 16	2-3pm	7/\$60

HEALTH & FITNESS - GROUP FITNESS

20-20-20 ♥

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

152034	Tu	Mar 3-Apr 28	11:45am-12:45pm	9/\$86
152035	F	Mar 6-May 1	12:45-1:45pm	8/\$76
152036	Tu	May 5-Jun 16	11:45am-12:45pm	7/\$67
152037	F	May 8-Jun 19	12:45-1:45pm	7/\$67

ACTIVAGE™ 50yrs+ ♥

ActivAge™ is a 3-month group led physical activity program for inactive older adults. It introduces participants to physical activity and reinforces their commitment to incorporate it into their daily lives. This fun and social program is progressive with planned physical activities (stretching, activity, and cool-down) based on ActivAge™ training. The focus is on improving activities associated with daily living, strengthening muscles used day-to-day (ie: bending, lifting, etc). Each class incorporates physical activities that engage participants, and features inclass discussions and resources to improve overall health and physical well-being. Registration for ActivAge™ is free for those registered in the Saanich Choose To Move program.

SAANICH COMMONWEALTH PLACE

Tammy Dunlop

150747	Th	Feb 12-Apr 30	2-3pm	FREE
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HOW TO REGISTER

ONLINE at saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our
4 Recreation Centres



AGING BACKWARDS ♥

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

152089	Th	Mar 5-Apr 30	9:15-10:15am	8/\$124
152090	Th	May 7-Jun 25	9:15-10:15am	8/\$124

AIKIDO - SHIODA STYLE 12yrs+ ♥

Aikido is non-competitive and develops mind-body connection, fitness, balance and self-defence through collaborative partner practice. Circular movements redirect the body and energy of attackers with a focus on timing, control and sensitivity. 10 class passes available for those needing flexibility: adult 10/\$100, student 10/\$80.

PROSPECT LAKE COMMUNITY HALL

Island Aikido

152009	Tu	Mar 3-Apr 28	7-8:30pm	9/\$90
152010	Th	Mar 5-Apr 30	7-8:30pm	9/\$90
152011	Su	Mar 8-May 3	10:30am-12pm	9/\$90
152012	Tu	May 5-Jun 16	7-8:30pm	7/\$70
152013	Th	May 7-Jun 18	7-8:30pm	7/\$70
152014	Su	May 10-Jun 21	10:30am-12pm	7/\$70

BABY AND ME CORE AND MORE ♥ P

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

151465	Th	Mar 5-Apr 30	11:30am-12:15pm	8/\$76
151466	Th	May 7-Jun 18	11:30am-12:15pm	7/\$67

BALANCE AND STRENGTH ♥ OLDER ADULT FRIENDLY

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

SAANICH COMMONWEALTH PLACE

Cynthia Eymundson

151498	F	Mar 6-May 1	1:15-2:15pm	8/\$76
151499	F	May 8-Jun 19	1:15-2:15pm	7/\$67

P = PARENT OR CAREGIVER PARTICIPATION REQUIRED

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: \$70. Purchase at SCP only.

PROSPECT LAKE COMMUNITY HALL

Jennifer Ablack

152015 M Mar 2-Apr 27 9-10am 8/\$76

152017 M May 4-Jun 15 9-10am 6/\$57

Donna Renaud

152016 W Mar 4-Apr 29 9-10am 9/\$86

152018 W May 6-Jun 17 9-10am 7/\$67

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

151471 Su Mar 8-May 3 10:45-11:45am 9/\$86

151472 Su May 10-Jun 14 10:45-11:45am 6/\$57

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

151474 M Mar 2-Apr 27 7:45-8:45pm 8/\$110

151473 F Mar 6-May 1 5:45-7pm 8/\$110

151477 M May 4-Jun 15 7:45-8:45pm 6/\$66

151475 F May 8-Jun 19 5:45-7pm 7/\$97

BOXING 50yrs+ ♥ OLDER ADULT FRIENDLY

151478 Su Mar 8-May 3 8:15-9:15am 9/\$99

151479 Su May 10-Jun 14 8:15-9:15am 6/\$66

CARDIO FUN (ONLINE) ♥ OLDER ADULT FRIENDLY

A high- or low-impact aerobics class with a flair for dance! Latin, jazz, ballroom, and line dance are blended within the traditional hi/lo format, followed by core and a stretch. This virtual class allows you to participate from any safe space to move and dance. No equipment necessary. All levels welcome.

ONLINE

Tammy Dunlop

152020 W Feb 4-Feb 25 9:15-10:15am 4/\$27

152021 W Mar 4-Mar 25 9:15-10:15am 4/\$27

152022 W Apr 1-Apr 29 9:15-10:15am 5/\$27

152023 W May 6-May 27 9:15-10:15am 4/\$34

152024 W Jun 3-Jun 24 9:15-10:15am 4/\$27

CARDIO KICK ♥♥

This medium to high intensity total-body workout combines kicks, punches and conditioning exercises. The class is non-sparring but includes partner pad work. Have a fun working up a sweat in the light hearted atmosphere - no previous kick boxing experience required.

ROYAL OAK MIDDLE SCHOOL

Debbra Choo

154244 W Apr 1-Jun 17 7:30-8:30pm 10/\$100

FIT FUSION ♥

This energizing, all-levels class blends the core-sculpting focus of yoga-lates, the power and stability of strength training, and the fluid movement of a dynamic power yoga flow. Fit Fusion is designed to challenge and support you - whether you're just beginning your fitness journey or deepening an existing practice.

SAANICH COMMONWEALTH PLACE

152337 M Mar 2-Apr 27 9-10am 8/\$76

152340 M May 4-Jun 22 9-10am 7/\$67

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

152031 W Mar 4-Apr 29 7:55-8:45am 9/\$86

152032 W May 6-Jun 17 7:55-8:45am 7/\$67

FLEXIBILITY AND CORE ♥

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

151463 Tu Mar 3-Apr 28 5:45-6:40pm 9/\$86

151464 Tu May 5-Jun 16 5:45-6:40pm 7/\$67

FULL BODY WORKOUT (ONLINE) ♥ 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.

ONLINE

Janna Reimer

152026 Su Feb 1-22 9:15-10:15am 4/\$27

152027 Su Mar 1-29 9:15-10:15am 5/\$27

152028 Su Apr 5-26 9:15-10:15am 4/\$27

152029 Su May 3-31 9:15-10:15am 5/\$34

152030 Su Jun 7-28 9:15-10:15am 4/\$27

GETTING STARTED WITH EXERCISE 50yrs+ ♥

Gain a personalized introduction to the exercise facilities, services and classes that best suit your interests and goals in this one-time session. Participants receive a list of basic home exercises to get started, as well as programs offered in Saanich that promote exercise in an inclusive setting. Registration is required.

SAANICH COMMONWEALTH PLACE

Fridays 2:30-3:15pm \$7 Starts in March

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

LEVEL 1

152991 Th Mar 5-Apr 30 7:40-8:40pm 9/\$99

152992 Th May 7-Jun 18 7:40-8:40pm 7/\$77

LEVEL 2

151480 W Mar 4-Apr 29 7:45-8:45pm 9/\$99

151481 W May 6-Jun 17 7:45-8:45pm 7/\$77

KICKBOXING/BOXING CORE ♥♥

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

SAANICH COMMONWEALTH PLACE

Don Ouelette

151482 M Mar 2-Apr 27 8:45-9:15pm 8/\$44

151484 W Mar 4-Apr 29 8:45-9:15pm 9/\$50

151485 M May 4-Jun 15 8:45-9:15pm 6/\$33

151486 W May 6-Jun 17 8:45-9:15pm 7/\$39

PARTYFIT® PROGRESSION ♥♥

Step into your power with this high-energy, music-driven fitness experience that blends strength, cardio, balance, and core training - all through movement and rhythm. Featuring more advanced choreography and functional flow, Partyfit® Progression helps you move better, feel stronger, and build lasting confidence from the inside out. Ready to level up your Partyfit® journey? This is your next step.

SAANICH COMMONWEALTH PLACE

Adelène Buchanan

154320 W Mar 4-Apr 29 6:40-7:35pm 9/\$99

154321 W May 6-Jun 17 6:40-7:35pm 7/\$77

ROWING - SMALL GROUP ♥♥

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

152541 Sa Feb 28-Apr 25 11:30am-12:30pm 9/\$122

152544 M Mar 2-Apr 27 5:30-6:30pm 8/\$108

152542 Sa May 2-Jun 20 11:30am-12:30pm 8/\$108

152546 M May 4-Jun 22 5:30-6:30pm 7/\$95

SMALL GROUP BIG MOVEMENT ♥

Strength, stretch, and movement for the larger body. If your clothes have an "X" in the size and you're wondering how to get moving, join these size-inclusive full-body workouts, where we'll find out what movements work for your body.

SAANICH COMMONWEALTH PLACE

Alex Wade

151487 M,W Mar 2-Apr 29 12:45-1:45pm 17/\$187

151488 M,W May 4-Jun 17 12:45-1:45pm 13/\$143

STRENGTH AND CONDITIONING 50yrs+ ♥♥

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

Pauline James-Curtis

152549 Tu Mar 3-Apr 28 2:10-3:10pm 9/\$86

152550 Tu May 5-Jun 23 2:10-3:10pm 8/\$76

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

152001 W Mar 4-Apr 29 9:15-10:15am 9/\$86

152002 W May 6-Jun 17 9:15-10:15am 7/\$67

STRETCH AND STRENGTH ♥

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 participant who can get up and down to the floor safely.

Pam Glover

152003 M Mar 2-Apr 27 11:30am-12:30pm 8/\$76

152006 M May 4-Jun 15 11:30am-12:30pm 6/\$57

Pat Rhodes

152004 W Mar 4-Apr 29 11:30am-12:30pm 9/\$86

152007 W May 6-Jun 17 11:30am-12:30pm 7/\$67

Wanda Hanna

152005 F Mar 6-May 1 11:30am-12:30pm 8/\$76

152008 F May 8-Jun 19 11:30am-12:30pm 7/\$67

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](#)

151492 M Mar 2-Apr 27 7:30-8:20pm 8/\$76

151495 M May 4-Jun 15 7:30-8:20pm 6/\$57

[Ann Bookman](#)

151493 Tu Mar 3-Apr 28 9:10-10am 9/\$86

151496 Tu May 5-Jun 16 9:10-10am 7/\$67

[Jan Del Mistro](#)

151494 F Mar 6-May 1 9:10-10:10am 8/\$76

151497 F May 8-Jun 19 9:10-10:10am 7/\$67

TRX SUSPENSION TRAINING ALL LEVELS ♥♥

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](#)

151469 F Mar 6-May 1 10:30-11:20am 7/\$77

151470 F May 8-Jun 19 10:30-11:20am 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](#)

151467 Th Mar 5-Apr 30 11:30am-12:30pm 8/\$104

151468 Th May 7-Jun 18 11:30am-12:30pm 6/\$78

HEALTH & FITNESS - WEIGHT ROOM

PICKLEBALL PERFORMANCE TRAINING - SMALL GROUP 50yrs+ ♥

Improve your pickleball or racket sports performance with a certified trainer in this small group resistance training class. Your instructor will guide you through a progressive program using weight room equipment to improve speed and performance, and reduce risk of injury in your sport. Suitable for all levels. (Max of 6:1 ratio).

SAANICH COMMONWEALTH PLACE

152640 W Mar 4-Apr 29 3:15-4:05pm 9/\$126

152667 F Mar 6-May 1 2:30-3:20pm 8/\$112

152641 W May 6-Jun 24 3:15-4:05pm 8/\$112

152668 F May 8-Jun 26 2:30-3:20pm 8/\$112

SENIOR'S STRENGTH TRAINING - SMALL GROUP 70yrs+ ♥

Learn to exercise safely, in a quiet studio with weight room equipment, and the attention of a coach in a small group class. The coach will teach you exercises focused on injury and fall prevention, balance, and strength to benefit your activities of daily life. Suitable for older adults with minor controlled health conditions. Seated exercises will be offered. (Max of 6:1 ratio).

SAANICH COMMONWEALTH PLACE

[Sean Kennedy](#)

152663 F Jan 9-Feb 27 11:45am-12:45pm 8/\$112

152664 F Mar 6-May 1 11:45am-12:45pm 8/\$112

158179 F Mar 6-May 1 1-2pm 8/\$112

152665 F May 8-Jun 26 11:45am-12:45pm 8/\$112

158180 F May 8-Jun 26 1-2pm 8/\$112

STRENGTH TRAINING 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 6 participants allows for more individual coaching to better suit your individual needs. This class meets in the Functional Fitness Studio.

SAANICH COMMONWEALTH PLACE

[Rachel Houle](#)

152582 M Mar 2-Apr 27 6:30-7:20pm 8/\$112

152583 M May 4-Jun 22 6:30-7:20pm 7/\$98

STRENGTH TRAINING CIRCUIT - SMALL GROUP (WOMEN'S ONLY) ♥♥

This women's-only circuit class uses weights and strength equipment to focus on improving strength, mobility, and power. The small group format of six participants allows for more personalized coaching to better suit individual needs. This class meets in the functional fitness studio.

SAANICH COMMONWEALTH PLACE

[Rachel Houle](#)

152579 M Mar 2-Apr 27 5:30-6:20pm 8/\$112

152580 M May 4-Jun 22 5:30-6:20pm 7/\$98

WEIGHT ROOM ORIENTATION 60yrs+

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 13-15yrs and older adults 60yrs+ years are free. Register by calling Saanich Commonwealth Place at 250-475-7600.

SAANICH COMMONWEALTH PLACE

[Clair Leger-Downey](#)

Fridays 9-10am FREE

WEIGHT TRAINING - FIT AND IMPROVED ♥♥

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

MORNING

152568 Tu,Th Mar 3-Apr 30 6:15-7:15am 18/\$306
154685 Tu/Th Mar 3-Apr 30 7:30-8:30am 18/\$306
152569 Tu,Th May 5-Jun 25 6:15-7:15am 16/\$272
154686 Tu/Th May 5-Jun 25 7:30-8:30am 16/\$272

EVENING

152529 M,W Mar 2-Apr 29 6:30-7:30pm 17/\$289
152530 M,W May 4-Jun 24 6:30-7:30pm 15/\$255

WEIGHT TRAINING - SMALL GROUP 50yrs+ ♥

In this small group format you'll learn proper techniques for strength training with weight room equipment, including safely improving your overall strength, stamina, and flexibility. This class provides a progressive program. Suitable for all levels. (Max of 6:1 ratio).

SAANICH COMMONWEALTH PLACE

Wednesday Ty Delisle

Friday Clair Leger-Downey

152634 W Mar 4-Apr 29 10:15-11:15am 9/\$126
152635 W May 6-Jun 24 10:15-11:15am 8/\$112
152637 W Mar 4-Apr 29 11:30am-12:30pm 9/\$126
152638 W May 6-Jun 24 11:30am-12:30pm 8/\$112
152661 F Mar 6-May 1 10:30-11:30am 8/\$112
152662 F May 8-Jun 26 10:30-11:30am 8/\$112

Jenny Hawes

152574 M May 4-Jun 22 10:15-11:15am 7/\$98
152577 M May 4-Jun 22 11:30am-12:30pm 7/\$98



WEIGHT TRAINING - SMALL GROUP CIRCUIT 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

MORNING

Tuesday Ty Delisle

Thursday Julianne Petersen

152587 Tu Mar 3-Apr 28 10:15-11:15am 9/\$126
152156 Tu Mar 3-Apr 28 11:30am-12:30pm 9/\$126
152652 Th Mar 5-Apr 30 10:15-11:15am 9/\$126
152159 Th Mar 5-Apr 30 11:30am-12:30pm 9/\$126
152588 Tu May 5-Jun 23 10:15-11:15am 8/\$112
152157 Tu May 5-Jun 23 11:30am-12:30pm 8/\$112
152653 Th May 7-Jun 25 10:15-11:15am 8/\$112
152160 Th May 7-Jun 25 11:30am-12:30pm 8/\$112

EVENING

152648 W Mar 4-Apr 29 6:45-7:45pm 9/\$126
152649 W May 6-Jun 24 6:45-7:45pm 8/\$112

WEEKEND

Ty Delisle

152788 Sa Feb 28-Apr 25 10:15-11:15am 9/\$126
152162 Su Mar 1-Apr 26 9:15-10:15am 9/\$126
152795 Su Mar 1-Apr 26 10:40-11:40am 9/\$126
152789 Sa May 2-Jun 20 10:15-11:15am 8/\$112
152163 Su May 3-Jun 21 9:15-10:15am 8/\$112
152796 Su May 3-Jun 21 10:40-11:40am 8/\$112

HEALTH & FITNESS - WELLNESS & REHAB

BUILD BETTER BONES 1 ♥

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

Wanda Hanna

151522 M Mar 2-Apr 27 2-3pm 8/\$76
152033 W Mar 4-Apr 29 2-3pm 9/\$86
151524 M May 4-Jun 15 2-3pm 6/\$57
151525 W May 6-Jun 17 2-3pm 7/\$67

CHRONIC PAIN/MILD MOVEMENT CLASS ♥ ♿

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

OLDER ADULT FRIENDLY

151500 Tu Mar 3-Apr 28 12:55-1:45pm 9/\$86
151501 Th Mar 5-Apr 30 12:45-1:45pm 9/\$86
151502 Tu May 5-Jun 16 12:55-1:45pm 7/\$67
151503 Th May 7-Jun 18 12:45-1:45pm 7/\$67

FAME

FAME (Fitness and Mobility Exercise) is a community-based program for people who have had a stroke or other neurological conditions such as Parkinson's Disease, Multiple Sclerosis, and traumatic brain injury. FAME is designed specifically and proven to improve fitness, mobility and strength. The small group class is led by fitness instructors to facilitate functional strength, fitness, agility and balance exercises. Suitable for people at any time after stroke who can stand for 5 minutes, walk for 10 metres (even with a walking aid), medically stable, and communicate with the instructor.

SAANICH COMMONWEALTH PLACE

Mateo Cocco

151262 Tu,F Apr 7-Jun 19 1:15-2:15pm 22/\$330

MOVING BEYOND CANCER 16yrs+ ♥ ♿

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

Wanda Hanna **OLDER ADULT FRIENDLY**

152986 M,W Mar 30-Jun 17 12:45-1:45pm 22/\$168

OLDER ADULT NEURODIVERSITY SOCIAL AND MOVEMENT CLASS 55yrs+ ♿

A fun and 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 250-216-6006 to determine if this program is a good fit for you!

SAANICH COMMONWEALTH PLACE

JoAnn Gillespie

152136 W Apr 8-Jun 10 12:30-2:30pm 10/\$100



HEALTH & FITNESS - YOGA, PILATES & BARRE

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

Kathleen Baker

152039 M Mar 2-Apr 27 7-7:50am 8/\$96

152043 M May 4-Jun 15 7-7:50am 6/\$72

Marilyn Wilson

152038 M Mar 2-Apr 27 5:30-6:30pm 8/\$96

152042 M May 4-Jun 15 5:30-6:30pm 6/\$72

Shannon

152040 W Mar 4-Apr 29 5:30-6:30pm 9/\$108

152044 W May 6-Jun 17 5:30-6:30pm 7/\$84

Ann Bookman

152041 Th Mar 5-Apr 30 9:10-10am 9/\$108

152045 Th May 7-Jun 18 9:10-10am 7/\$84

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

154231 M Mar 2-Apr 27 5:10-6:10pm 7/\$84

154232 M May 4-Jun 22 5:10-6:10pm 7/\$84

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

154234 M Mar 2-Apr 27 6:20-7:20pm 7/\$84

154235 M May 4-Jun 22 6:20-7:20pm 7/\$84

YOGA - BARRE AND CORE ♥

Turn up the heat with this dynamic core-based yoga workout designed to strengthen, tone, and energize your whole body. This class targets your abs and glutes while improving balance and posture. Expect powerful flows, core-focused moves, and a workout that leaves you feeling strong, centered, and ready for more. All fitness levels welcome.

SAANICH COMMONWEALTH PLACE

152091 M Mar 2-Apr 27 10:15-11:15am 7/\$84

152092 M May 4-Jun 22 10:15-11:15am 8/\$96

YOGA - BEND IT LIKE PECKHAM GENTLE ♥

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

151006	W	Mar 4-Apr 29	5:15pm-6:30pm	8/\$120
151007	W	May 6-Jun 17	5:15pm-6:30pm	7/\$105

INTERMEDIATE

151010	W	Mar 4-Apr 29	11am-12:30pm	8/\$144
151011	W	May 6-Jun 17	11am-12:30pm	7/\$126

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

152085	W	Mar 4-Apr 29	1-2pm	8/\$96
152086	W	May 6-Jun 24	1-2pm	8/\$96

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 Hartwig

151885	M	Mar 2-Apr 27	5:30-6:45pm	8/\$120
151887	M	May 4-Jun 22	5:30-6:45pm	7/\$105

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

151002	Th	Apr 2-May 7	5-6:15pm	6/\$90
151003	Th	May 14-Jun 18	5-6:15pm	6/\$90

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

Talia Boughton

151997	Su	Mar 8-May 3	12-12:50pm	9/\$108
151998	Su	May 10-Jun 14	12-12:50pm	6/\$72

YOGA - STRENGTH AND EASE ♥ OLDER ADULT FRIENDLY

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

151013	Tu	Mar 3-Apr 28	10:15-11:30am	8/\$120
151014	Tu	May 5-Jun 23	10:15-11:30am	8/\$120

YOGA AND MOBILITY FOR 55+ ♥

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

151264	Tu	Mar 3-Apr 28	11:45am-1pm	8/\$120
151269	Th	Mar 5-Apr 30	2-3:15pm	8/\$120
151265	Tu	May 5-Jun 23	11:45am-1pm	8/\$120
151270	Th	May 7-Jun 25	2-3:15pm	8/\$120

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

152326	W	Mar 4-Apr 29	7:15-8:15pm	8/\$96
152328	W	May 6-Jun 24	7:15-8:15pm	8/\$96

YOGA FLOW AND RESTORE ♥♥

Unwind your body and calm your mind in this soothing practice that begins with mindful flow and transitions into supported restorative poses with guided meditation to fully relax and reset.

SAANICH COMMONWEALTH PLACE

Rena Sinstadt

152322	Tu	Mar 3-Apr 28	5:15-6:15pm	8/\$96
152323	Tu	May 5-Jun 23	5:15-6:15pm	8/\$96

HOW TO REGISTER

ONLINE at saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our
4 Recreation Centres



PARKS, RECREATION
& COMMUNITY SERVICES

YOGA FOR FITNESS (ONLINE) ♥ OLDER ADULT FRIENDLY

This energizing class blends traditional Hatha yoga with a dynamic, breath-driven flow to challenge strength and stamina. Build heat, activate the core, and improve mobility through standing poses, balance work, and twists. It concludes with longer holds to release muscles, boost flexibility, and reset the nervous system.

ONLINE

Janna Reimer

152818	M	Feb 2-23	9:30-10:30am	3/\$21
152819	M	Mar 2-30	9:30-10:30am	5/\$34
152820	M	Apr 13-27	9:30-10:30am	3/\$21
152821	M	May 4-25	9:30-10:30am	3/\$21
152822	M	Jun 1-29	9:30-10:30am	5/\$34

YOGA NIDRA ♥

Yoga Nidra is a structured method of relaxation that alleviates stress, burnout, and mental health issues like anxiety and depression, and helps improve sleep and recover from trauma. Practiced lying down with guided meditation, visualization, affirmations, and positive intentions, it promotes conscious relaxation.

SAANICH COMMONWEALTH PLACE

Yulia Bachurina

152844	M	Mar 2-Apr 27	7:30-8:30pm	7/\$84
152846	M	May 4-Jun 15	7:30-8:30pm	6/\$72

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

151999	Su	Mar 8-May 3	11-11:50am	9/\$108
152000	Su	May 10-Jun 14	11-11:50am	6/\$72

FACILITY STATUS

Know before you go!

If you are wondering if there are any closures at Saanich Commonwealth Place? View the operating status of any Saanich recreation facility on saanich.ca

saanich.ca/status



RECONLINE REGISTRATION SYSTEM

Saanich's RecOnline registration system is your gateway to programs, lessons, activities and more at Saanich recreation centres and community spaces. Check out our tutorials and resources for how to create an account, search, register in programs and more.



YOGA - PELVIC FLOOR

In this therapeutic yoga series, we'll explore the connection between body, mind, and nervous system and how they collectively support pelvic health. Through gentle, intuitive movement, breathing techniques, and mindfulness, we'll release, relax, build strength and resilience, and support our whole-being wellness.

SAANICH COMMONWEALTH PLACE

153138	M	Jan 12-Feb 23	12:45-2pm	6/\$90
153140	M	Mar 2-Apr 27	12:45-2pm	7/\$105
153144	M	May 4-Jun 15	12:45-2pm	6/\$90



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