

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 ActivAge™ 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

151674 M,W Jan 5-Feb 25 2-3pm 15/\$143

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

150720 Tu Jan 6-Feb 24 12:45-1:45pm 8/\$68

151517 Tu Mar 3-Apr 28 12:45-1:45pm 9/\$77

151518 Tu May 5-Jun 16 12:45-1:45pm 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](#)

150745	Tu	Jan 6-Feb 24	2-3pm	8/\$68
151520	Tu	Mar 3-Apr 28	2-3pm	9/\$77
151521	Tu	May 5-Jun 16	2-3pm	7/\$60

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](#)

150703	Tu	Jan 6-Feb 24	11:45am-12:45pm	8/\$76
150749	F	Jan 9-Feb 27	12:45-1:45pm	8/\$76
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

HEALTH & FITNESS - GROUP FITNESS**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	12/\$132
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P = PARENT OR CAREGIVER PARTICIPATION REQUIRED

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](#)

152088	Th	Jan 8-Feb 26	9:15-10:15am	8/\$124
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](#)

150740	Tu	Jan 6-Feb 24	7-8:30pm	8/\$80
150741	Th	Jan 8-Feb 26	7-8:30pm	8/\$80
150742	Su	Jan 11-Mar 1	10:30am-12pm	8/\$80
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](#)

150704	Th	Jan 8-Feb 26	11:30am-12:15pm	8/\$76
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](#)

150705	F	Jan 9-Feb 27	1:15-2:15pm	8/\$76
151498	F	Mar 6-May 1	1:15-2:15pm	8/\$76
151499	F	May 8-Jun 19	1:15-2:15pm	7/\$67

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

150743	M	Jan 5-Feb 23	9-10am	7/\$57
152015	M	Mar 2-Apr 27	9-10am	8/\$76
152017	M	May 4-Jun 15	9-10am	6/\$57

Donna Renaud

150744	W	Jan 14-Feb 25	9-10am	7/\$67
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

150711	Su	Jan 18-Mar 1	10:45-11:45am	7/\$67
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

150713	M	Jan 5-Feb 23	7:45-8:45pm	6/\$66
150712	F	Jan 9-Feb 27	5:45-7pm	7/\$77
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

150714	Su	Jan 11-Mar 1	8:15-9:15am	8/\$88
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

150717	W	Jan 7-Jan 28	9:15-10:15am	4/\$27
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-sparting 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

Debra Choo

154243	W	Jan 7-Mar 11	7:30-8:30pm	9/\$90
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

152331	M	Jan 5-Feb 23	9-10am	7/\$67
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

150721	W	Jan 14-Feb 25	7:55-8:45am	7/\$67
152031	W	Mar 4-Apr 29	7:55-8:45am	9/\$86
152032	W	May 6-Jun 17	7:55-8:45am	7/\$67

INTENSITY LEVEL GUIDE

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♥♥ Suitable for participants ready to improve technique and increase intensity while still emphasizing proper form. Best suited for individuals who are already active.

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OPTION OF EXERCISING WHILE SEATED

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

150722	Tu	Jan 13-Feb 24	5:45-6:40pm	7/\$67
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

150723	Su	Jan 4-25	9:15-10:15am	4/\$27
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

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

152990	Th	Jan 8-Feb 26	7:40-8:40pm	8/\$88
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

150724	W	Jan 7-Feb 25	7:45-8:45pm	8/\$88
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

150725	M	Jan 5-Feb 23	8:45-9:15pm	7/\$39
150726	W	Jan 7-Feb 25	8:45-9:15pm	8/\$44
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

154319	W	Jan 7-Feb 25	6:40-7:35pm	8/\$88
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

152539	Sa	Jan 10-Feb 21	11:30am-12:30pm	7/\$95
152543	M	Jan 5-Feb 23	5:30-6:30pm	7/\$95
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

150748	M,W	Jan 5-Feb 25	12:45-1:45pm	15/\$165
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

Jan Del Mistro

152548	Tu	Jan 6-Feb 24	2:10-3:10pm	8/\$76
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

150729	W	Jan 7-Feb 25	9-10am	8/\$76
152001	W	Mar 4-Apr 29	9-10am	9/\$86
152002	W	May 6-Jun 17	9-10am	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.

SAANICH COMMONWEALTH PLACE

Pam Glover

150730	M	Jan 5-Feb 23	11:30am-12:30pm	7/\$67
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

150731	W	Jan 7-Feb 25	11:30am-12:30pm	8/\$76
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

150732	F	Jan 9-Feb 27	11:30am-12:30pm	8/\$76
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

150733	M	Jan 19-Feb 23	7:30-8:20pm	5/\$48
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

150734	Tu	Jan 13-Feb 24	9:10-10am	7/\$67
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

150735	F	Jan 9-Feb 27	9:10-10:10am	8/\$76
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

150736	F	Jan 16-Feb 27	10:30-11:20am	7/\$77
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

150739	Th	Jan 15-Feb 26	11:30am-12:30pm	7/\$91
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

152639	W	Jan 7-Feb 25	3:15-4:05pm	8/\$112
152666	F	Jan 9-Feb 27	2:30-3:20pm	8/\$112
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

Alex Rathy

152663	F	Jan 9-Feb 27	11:45am-12:45pm	8/\$112
152664	F	Mar 6-May 1	11:45am-12:45pm	8/\$112
152665	F	May 8-Jun 26	11:45am-12:45pm	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

152581	M	Jan 5-Feb 23	6:30-7:20pm	7/\$98
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

152578	M	Jan 5-Feb 23	5:30-6:20pm	7/\$98
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 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

152560	Tu,Th	Jan 6-Feb 26	6:15-7:15am	16/\$272
152568	Tu,Th	Mar 3-Apr 30	6:15-7:15am	18/\$306
152569	Tu,Th	May 5-Jun 25	6:15-7:15am	16/\$272
154684	Tu/Th	Jan 6-Feb 26	7:30-8:30am	16/\$272
154685	Tu/Th	Mar 3-Apr 30	7:30-8:30am	18/\$306
154686	Tu/Th	May 5-Jun 25	7:30-8:30am	16/\$272

EVENING

152528	M,W	Jan 5-Feb 25	6:30-7:30pm	15/\$255
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
152531	M,W	Jan 5-Feb 25	7:45-8:45pm	15/\$255
152532	M,W	Mar 2-Apr 29	7:45-8:45pm	17/\$289
152533	M,W	May 4-Jun 24	7:45-8:45pm	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

Alex Rathy

152633	W	Jan 7-Feb 25	10:15-11:15am	8/\$112
152634	W	Mar 4-Apr 29	10:15-11:15am	9/\$126
152635	W	May 6-Jun 24	10:15-11:15am	8/\$112
152636	W	Jan 7-Feb 25	11:30am-12:30pm	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
152660	F	Jan 9-Feb 27	10:30-11:30am	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

152572	M	Jan 5-Feb 23	10:15-11:15am	7/\$98
152575	M	Jan 5-Feb 23	11:30am-12:30pm	7/\$98
152573	M	Mar 2-Apr 27	10:15-11:15am	8/\$112
152576	M	Mar 2-Apr 27	11:30am-12:30pm	8/\$112
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

Alex Rathy

152586	Tu	Jan 6-Feb 24	10:15-11:15am	8/\$112
152153	Tu	Jan 6-Feb 24	11:30am-12:30pm	8/\$112
152651	Th	Jan 8-Feb 26	10:15-11:15am	8/\$112
152158	Th	Jan 8-Feb 26	11:30am-12:30pm	8/\$112
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

152647	W	Jan 7-Feb 25	6:45-7:45pm	8/\$112
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

152737	Sa	Jan 10-Feb 21	10:15-11:15am	7/\$98
152161	Su	Jan 11-Feb 22	9:15-10:15am	7/\$98
152793	Su	Jan 11-Feb 22	10:40-11:40am	7/\$98
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

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

Alex Rathy

Fridays 9-10am FREE

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

150715	M	Jan 5-Feb 23	2-3pm	7/\$67
150716	W	Jan 7-Feb 25	2-3pm	8/\$76
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**

150718	Tu	Jan 6-Feb 24	11:30am-12:30pm	8/\$76
150719	Th	Jan 8-Feb 26	11:30am-12:30pm	8/\$76
151500	Tu	Mar 3-Apr 28	11:30am-12:30pm	9/\$86
151501	Th	Mar 5-Apr 30	11:30am-12:30pm	9/\$86
151502	Tu	May 5-Jun 16	11:30am-12:30pm	7/\$67
151503	Th	May 7-Jun 18	11:30am-12:30pm	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

151261	Tu,F	Jan 13-Mar 13	1:15-2:15pm	18/\$270
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**

150727	M,W	Jan 12-Mar 25	12:45-1:45pm	21/\$154
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

150380	W	Jan 21-Mar 11	12:30-2:30pm	8/\$80
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

150707	M	Jan 5-Feb 23	7-7:50am	7/\$84
152039	M	Mar 2-Apr 27	7-7:50am	8/\$96
152043	M	May 4-Jun 15	7-7:50am	6/\$72

Marilyn Wilson

150706	M	Jan 5-Feb 23	5:30-6:30pm	7/\$84
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

150708	W	Jan 7-Feb 25	5:30-6:30pm	8/\$96
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

150709	Th	Jan 8-Feb 26	9:10-10am	8/\$96
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

154230	M	Jan 5-Feb 23	5:10-6:10pm	7/\$84
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

154233	M	Jan 5-Feb 23	6:20-7:20pm	7/\$84
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

116275	M	Jan 12-Feb 23	10:15-11:15am	6/\$72
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

151005	W	Jan 7-Feb 25	5:15-6:30pm	8/\$120
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

151009	W	Jan 7-Feb 25	11am-12:30pm	8/\$144
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

152084	W	Jan 7-Feb 25	1-2pm	8/\$96
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

151130	M	Jan 5-Feb 23	5:30-6:45pm	7/\$105
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

151001	Th	Jan 8-Feb 19	5-6:15pm	7/\$105
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

150737	Su	Jan 11-Mar 1	12-12:50pm	8/\$96
151997	Su	Mar 8-May 3	12-12:50pm	9/\$108
151998	Su	May 10-Jun 14	12-12:50pm	6/\$72

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

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](#)

151012	Tu	Jan 6-Feb 24	10:15-11:30am	8/\$120
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](#)

151263	Tu	Jan 6-Feb 24	11:45am-1pm	8/\$120
151268	Th	Jan 8-Feb 26	2-3:15pm	8/\$120
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](#)

152325	W	Jan 7-Feb 25	7:15-8:15pm	8/\$96
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](#)

152087	Tu	Jan 6-Feb 24	5:15-6:15pm	8/\$96
152322	Tu	Mar 3-Apr 28	5:15-6:15pm	8/\$96
152323	Tu	May 5-Jun 23	5:15-6:15pm	8/\$96

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](#)

152726	M	Jan 5-26	9:30-10:30am	4/\$27
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](#)

152843	M	Jan 12-Feb 23	7:30-8:30pm	6/\$72
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](#)

150738	Su	Jan 11-Mar 1	11-11:50am	8/\$96
151999	Su	Mar 8-May 3	11-11:50am	9/\$108
152000	Su	May 10-Jun 14	11-11:50am	6/\$72

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