





Pearkes Recreation Centre Fitness Reserved Drop In Classes

Effective: until June 30, 2021


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength & Stretch 		9:00-10:00am		9:00-10:00am			
Total Body Fit 			5:00-6:00pm			9:30-10:30am	
Yoga Hour 		6:30-7:30pm					
Yoga 50 + 					10:30-11:30am		

STRENGTH & STRETCH This class will develop strength, balance and core stability using minimal equipment, followed by a full body stretch. This class is designed for the already active participant who can get up and down to the floor safely.

TOTAL BODY FIT This low intensity, total body class combines strength, conditioning, core and more to help you lose weight, build muscle and increase your muscular endurance. All levels welcome, modifications can be shown

YOGA HOUR A 60 minute dynamic, alignment focused, flow practice that is designed to be difficult but doable for all levels of students with no major injuries. Cost \$13.00

YOGA 50+ Classes begin with a variety of gentle warm-up exercises to stretch and warm the entire body before moving into different postures, which are introduced sequentially. Cost \$13.00

 For everyone from beginner to advanced. The emphasis is on fun, proper form and effective workouts; challenging options given for experienced participants.

NOTES	Bring your own mat	Classes welcome participants' 13+ years.	No classes on Statutory Holidays.
TO REGISTER	Go online to Saanich.ca	Give us a call 250-475-5400	Visit our reception desk