

# Saanich Recreation – Summer Cycle Schedule

Reserved Drop-In (13+yrs)

Effective: Jun 30 – Aug 31, 2025

Schedule is subject to change

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle Fit	6-6:50pm PKS	6:15-7am GHRC 5-5:50pm PKS		5-5:50pm PKS 6:30-7:20pm SCP	6:15-7am GHRC	8:30-9:25am PKS	9:30-10:20am SCP
Cycle & Core			9-9:55am PKS				
Cycle & Strength	5:30-6:30pm GHRC	6:25-7:15pm SCP	6:15-7:15am GHRC		9:10-10:05am PKS		
Cycle & Stretch			6:10-7:05pm PKS				
Cycle & Suspension				6-7pm GHRC			

GHRC = Gordon Head Recreation Centre | PKS = Pearkes Recreation Centre | SCP = Saanich Commonwealth Place

## Notes and Information:

- Reservations can be made as early as 7 days in advance at 7:30am.
- Register online at [saanich.ca/recreation](http://saanich.ca/recreation) or call any Saanich Recreation Centre.
- All classes welcome participants 13yrs+
- Check out our live schedule at [saanich.ca/recreation](http://saanich.ca/recreation)
- No classes on statutory holidays: Jul 1, Aug 4, Sep 1
- There will be no classes during scheduled maintenance at G.R. Pearkes Jul 26 – Aug 4



<b>Cycle Fit:</b> ❤️❤️	Come and challenge yourself in this cycling class, including: intervals, drills, sprints and climbs both in and out of the saddle.
<b>Cycle &amp; Core:</b> ❤️❤️	This class begins with approximately 30 minutes on the Keiser spin bike followed by core training that focuses on the lower back, hips, and abdominals; and important part of every fitness program.
<b>Cycle &amp; Strength:</b> ❤️❤️	This class begins with approximately 30 minutes on the Keiser spin bike followed by strength training exercises; a key component for overall fitness.
<b>Cycle &amp; Stretch:</b> ❤️❤️	This class begins on the Keiser spin bike followed by 15 minutes of energizing stretches to help your body recover and rest after the workout.
<b>Cycle &amp; Suspension:</b> ❤️❤️❤️	This class includes exercises on a suspension trainer as well as the Keiser spin bike to give you a total body strength and cardio workout.