


Reserved Drop-in Cycle Schedule (13+yrs)

Effective: June 29th – September 6th 2026

Schedule is subject to change

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle Fit	10:15-11:05am SCP 6-6:50pm PKS	6:10-7am PKS 6:15-7am GHRC 5-5:50pm PKS	8-8:50am SCP	9-9:50am SCP 5-5:50pm PKS 6:30-7:20pm SCP		8:30-9:20am PKS	9:30-10:20am SCP
Cycle & Core		9-10am SCP	9:10-10am PKS				
Cycle & Strength	5:30-6:30pm GHRC	6:30-7:30pm SCP	5:40-6:40pm SCP	6:15-7:15am GHRC 12:45-1:45pm SCP 5:45-6:45pm GHRC	9:10-10:00am PKS	9-10am SCP	
Cycle & Stretch			9:30-10:30am GHRC 6-6:50pm PKS				

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

<ul style="list-style-type: none"> Notes and Information: All classes welcome participants 13yrs+ 	<ul style="list-style-type: none"> Reservations can be made as early as 7 days in advance at 7:30am. Register online at saanich.ca/recreation or call any Saanich Recreation Centre. No classes on statutory holidays: Jul 1, Aug 3, Sep 7 Pearkes Recreation Centre will be closed July 25th – August 5th Saanich Commonwealth Place will be closed September 7th – 21st 	
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Cycle Fit:	❤️ ❤️	Come and challenge yourself in this cycling class, including: intervals, drills, sprints and climbs both in and out of the saddle.
Cycle & Core:	❤️ ❤️	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.
Cycle & Strength:	❤️ ❤️	This class begins with approximately 30 minutes on the Keiser spin bike followed by strength training exercises; a key component for overall fitness.
Cycle & Stretch:	❤️ ❤️	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.

