

# Reserved Drop-in Cycle Schedule (13+yrs)

Effective: Jan 2<sup>nd</sup> – Jun 14<sup>th</sup> 2026

*Schedule is subject to change*

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycle Fit</b>	10:15-11:05am SCP 6-6:50pm PKS	6:10-7am PKS 6:15-7am GHRC 5-5:50pm PKS	6:15-7am GHRC 8-8:50am SCP	9-9:50am SCP 5-5:50pm PKS 6:30-7:20pm SCP	6:15-7am GHRC	8:30-9:20am PKS	9:30-10:20am SCP
<b>Cycle &amp; Core</b>		9-10am SCP	9:10-10am PKS				
<b>Cycle &amp; Strength</b>	5:30-6:30pm GHRC	8:45-8:45am 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	
<b>Cycle &amp; Stretch</b>			9:30-10:30am GHRC 6-6:50pm PKS				

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: Feb 16, Apr 3, Apr 6, May 18



<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.

