

Saanich Recreation – Fall Cycle Schedule

Reserved Drop-In (13+yrs)

Effective: September 2 – December 18, 2025

Schedule is subject to change

| PROGRAM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------|--|--|--------------------|---------------------------------------|---------------------|--------------------|-------------------|
| Cycle Fit | 6:15-7am GHRC 10:30-11:20 am SCP 6-6:50pm PKS | 6:10-7am PKS 6:15-7am GHRC 5-5:50pm PKS | 8-8:50am SCP | 5-5:50pm PKS 6:30-7:20pm SCP | 6:15-7am GHRC | 8:30-9:20am PKS | 9:30-10:20 SCP |
| Cycle & Core | | 9:10-10am SCP | 9-9:55am PKS | | | | |
| Cycle & Strength | | 6:25-7:15pm SCP | | 12:45-1:35pm SCP | 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 or call any Saanich Recreation Centre.
- All classes welcome participants 13yrs+
- Check out our live schedule at saanich.ca/recreation
- No classes on statutory holidays: Sep 1, Sep 30, Oct 13, Nov 11



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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. |
| Cycle & Suspension: ♥♥♥ | 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. |