

Reserved Drop-in FitnessEffective: September 2nd – December 21st, 2025

Schedule is subject to change

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Basic Yoga <i>Auditorium</i> ♥					5:30-6:30pm		
Body Sculpt <i>Dance Studio</i>	9-10am						
Circuit <i>Auditorium</i> ♥♥	9-10am				9-10am	8:45-9:45am	
Core & More <i>Dance Studio</i> ♥	8-8:50am		8-8:50am		8-8:50am		
Cycle & Strength <i>Auditorium</i> ♥♥							
Cycle & Suspension <i>Auditorium</i> ♥♥				6:00-7:00pm			
Cycle Fit <i>Auditorium</i> ♥♥	6:15-7am	6:15-7am			6:15-7am		
HIGH Low <i>Dance Studio</i> ♥				8:30-9:15am			
HIIT Express <i>Dance Studio</i> ♥♥		9-9:45am <i>*Auditorium</i>	9-9:45am				
Pure Stretch <i>Dance Studio</i> ♥	11am-12pm						

Notes & Information:

- Reservations can be made as early as 7 days in advance at 7:30am.
- Register online at saanich.ca/recreation or call 250-475-7100.
- No classes will be held on the statutory holidays listed below:
 - Monday, September 1 – Labour Day
 - Tuesday, September 30 – National Day of Truth and Reconciliation
 - Monday, October 13 – Thanksgiving Day
 - Tuesday, November 11 – Remembrance Day
- All classes welcome participants 13yrs+
- Check out our live schedule at saanich.ca/recreation



Please see intensity level guide and class descriptions on next page

Intensity Level Guide		
	♥	Ideal for beginners without prior fitness experience or experienced individuals wanting to focus on technique and fundamental movement skills.
	♥♥	Suitable for participants ready to improve technique and increase intensity while emphasizing proper form. Best suited for those who are already active.
	♥♥♥	Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

Class Descriptions		
Basic Yoga	♥	Familiarize yourself with yoga and practice fundamental postures. This is not a progressive class.
Circuit	♥♥	A popular workout format that rotates through a variety of exercises targeting different parts of the body.
Core and More	♥	Focus on strengthening your core abdominal area, lower back and glutes. A variety of exercise equipment is used in this class that is suitable for everyone.
Cycle Fit	♥♥	Come and challenge yourself in this cycling class, including intervals, drills, sprints and climbs both in and out of the saddle. Motivational music will keep you energized on the Keiser spin bike during the entire class.
Cycle & Suspension	♥♥	This class includes exercise using our Suspension Trainer equipment as well as the Keiser spin bikes to give you a total body strength and cardio workout.
Cycle & Strength	♥♥	Spend the first half of this class with challenging speed and strength drills on the Keiser spin bike followed by strength training exercises; a key component for overall fitness.
HIGH Low	♥♥	This no-equipment format uses simple, set choreography to create an effective steady-state cardio workout that is easy to follow and a total blast! Adaptable to all levels of fitness, you can go low, but you will always leave feeling HIGH.
HIIT Express	♥♥	Participate in this express class with short periods of high intensity exercise followed by less intense recovery periods. The bursts of intensity will burn fat and increase metabolism long after the workout. You set your own level of intensity.
Low Impact	♥	A low impact fitness class designed for a wide range of participants with fun and easy-to-follow moves. At least a 30-minute cardio segment with toning exercises perfect for all ages.
Pure Stretch	♥	This class will stretch and rejuvenate your entire body while relieving stress and tension by relaxing the mind and body. Increase flexibility and range of motion, improve posture, prevent injuries and recover faster from workouts. Ideal for all levels of fitness.