

Reserved Drop-In Fitness Schedule

Effective April 9 – June 16, 2023

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle Fit ❤️❤️ Auditorium	6:15am-7:00am	6:15am-7:00am	6:15am-7:00am	6:15am-7:00am	6:15am-7:00am		
Core & More ❤️ Dance Studio			8:00am-8:50am		8:00am-8:50am		
HIGH Lo ❤️❤️❤️ Dance Studio				8:30am-9:15am			
Circuit Auditorium ❤️❤️	9:00am-10:00am				9:00am-10:00am	8:45am-9:45am	
Cycle & Power Yoga	5:30-6:45pm						
Cycle & Suspension				6:00pm-7:00pm			
Drop in Yoga ❤️ Auditorium					5:30pm-6:30pm		
HIIT Express ❤️❤️ Dance Studio	7:00pm-7:45pm	9:00am-9:45am	9:00am-9:45am				

Notes & Information

**Reservations begin at 8:30am, 7 days prior to your preferred attendance date.
Register online at saanich.ca or call 250-475-7100.**

Facility Hours on Statutory Holidays: 8:00am-4:00pm

None of these classes run on the following holidays:

Monday February 19 – Family Day

Friday March 29 – Good Friday

Monday April 1 – Easter Monday

Monday May 20 – Victoria Day

This schedule is subject to change based on staffing needs. Check our live schedule online with the QR Code on the next page!



Circuit ❤️❤️ If you get bored trotting along in your same old routine circuit training can fix that! Build muscle, tone, and get a cardio work out too! The exercise options are endless! This class takes place in our auditorium. Please bring your own mat.

Core and More ❤️ Focus on strengthening your core abdominal area, lower back, and glutes. A variety of exercise equipment is used in this class 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 and Power Yoga ❤️-❤️❤️ Spend the first half of this class with challenging speed and strength drills on the Keiser SPIN bike and the second half with vibrant power flow yoga to condition the whole body.

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 & cardio.

Drop-in Yoga Familiarize yourself with Yoga and practice fundamental postures. This is not a progressive class.

HIGH Lo ❤️-❤️❤️ Get movin' and shakin' in this high energy, choreographed, body weight workout for a super fun new take on your old school aerobics classics. This is a lower impact version of our HIGH Fit class from the HIGH Fitness franchise.

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.