

# 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>	6:15–7:05am SCP 10:30–11:20am 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	9:10–10:00am SCP 5–5:50pm PKS 6:30–7:20pm SCP	8–8:50am SCP 6:15–7am GHRC	8:30–9:20am PKS	9:30–10:20am SCP
<b>Cycle &amp; Core</b>		9:10–10am SCP	6:15–7:05am SCP 9:10–10am PKS				
<b>Cycle &amp; Strength</b>	5:30–6:30pm GHRC	9–10am GHRC 6:30–7:20pm SCP	5:40–6:30pm SCP	6:15–7:15am GHRC 12:45–1:35pm SCP 6–7pm GHRC	9:10–10:00am PKS	9:10–10am SCP	
<b>Cycle &amp; Stretch</b>			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.

