

# Reserved Drop-in Fitness

Effective: March 30<sup>th</sup> – June 14<sup>th</sup> 2026

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 and Strength <i>Preschool Room</i>	♥♥	5:30-6:30pm	8:45-9:45am		6:15-7:15am 5:45-6:45pm			
Cycle Fit <i>Preschool Room</i>	♥♥		6:15-7am	6:15-7am		6:15-7am		
HIGH Low <i>Dance Studio</i>	♥♥		8:30-9:15am		8:30-9:15am			
HIIT Express <i>Dance Studio</i>	♥♥	7-7:45pm	9-9:45am <i>*Auditorium</i>	9-9:45am				
Pure Stretch <i>Auditorium</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](http://saanich.ca/recreation) or call 250-475-7100.
- No classes will be held on the statutory holidays listed below:
  - Monday, February 16 – Family Day
  - Friday, April 3 – Good Friday
  - Monday, April 6 – Easter Monday
  - Monday, May 18 – Victoria Day
- All classes welcome participants 13yrs+
- Check out our live schedule at [saanich.ca/recreation](http://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.

Class Descriptions		
<b>Basic Yoga</b>	♥	Familiarize yourself with yoga and practice fundamental postures. This is not a progressive class.
<b>Body Sculpt</b>	♥♥	This full body workout uses weights, body bars, tubing, stability balls and more to promote muscle strength and endurance by targeting all major muscle groups. Great cross training class for all levels.
<b>Circuit</b>	♥♥	A popular workout format that rotates through a variety of exercises targeting different parts of the body.
<b>Core and More</b>	♥	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.
<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. Motivational music will keep you energized on the Keiser spin bike during the entire class.
<b>Cycle and Strength</b>	♥♥	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.
<b>HIGH Low</b>	♥♥	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.
<b>HIIT Express</b>	♥♥	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.
<b>Pure Stretch</b>	♥	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.