



# Health & Fitness

## Registered Programs - Jan / Feb

Click on the [Program Number](#) to link to the Saanich Rec Online Registration website



### INTENSITY LEVEL GUIDE

All classes welcome participants 13yrs+. For your convenience we have listed the intensity level beside the class. Modifications can be shown in all classes.



Suitable for everyone from beginners to advanced, emphasizing fun and effective workouts; challenging options for experienced participants.

**Please Note:** Due to PHO restrictions, all classes will be offered at low intensity levels

### 20-20-20 ♥

This fun class is the total package. It starts off with 20 minutes of a combined gentle warmup and dynamic stretch, followed by 20 minutes of light weight lifting using body weight and/or dumbbells to improve strength, endurance and coordination before finishing off with 20 minutes of deep therapeutic stretch to release muscle tension, improve flexibility and reduce stress. Participants must bring their own mat.

#### Saanich Commonwealth Place

Rosalie Russo

44130 F 1:30-2:30pm Jan 8-Feb 26 8/\$60

### 55 +Small Group Training ♥

In this small group format you'll learn proper techniques for strength training, including safely improving your core, stamina, and flexibility. Suitable for all levels. (max of 6:1 Ratio).

#### Saanich Commonwealth Place

Kamran Rad

43048 F 8-9am Jan 15-Feb 26 7/\$77

### 60+ Strength and Conditioning ♥

This class offers a variety of strength exercises and functional movement patterns specially designed for active individuals. Sessions incorporate balls, bands, weighted bars and various weight room equipment. All levels are welcome.

#### Saanich Commonwealth Place

Sarah Darnell

43040 Tu 2:15-3:15pm Jan 12-Feb 23 7/\$53

### Aging Backwards ♥

Aging Backwards is revolutionizing the way we understand the role of fitness in slowing down aging while keeping our bodies young, attractive strong and healthy. Justina Bailey has studied with Miranda Esmond-White in Montreal, and brings you the strengthening and lengthening workout from the popular book and TV show.

#### Saanich Commonwealth Place

Justina Bailey

44124 Th 9-10am Jan 7-Feb 25 8/\$136

### Aqua Strength and Stretch ♥

Use the resistance of the water to stretch, strengthen and stabilize your entire body in an invigorating muscle conditioning workout. A combination of yoga, pilates, strength and flexibility exercises.

#### Saanich Commonwealth Place

Rachel Houle

44053 Tu 10:15-11:15am Jan 5-23 8/\$72

44054 Th 10:15-11:15am Jan 7-Feb 25 8/\$72



## Aqua Yoga ♥

Aqua Yoga reduces stress on the joints, allows for greater range of motion, can increase balance and build strength, and promotes deep relaxation. This body positive class approaches movement from a Health At Every Size® perspective, and is perfect for those recovering from injuries, with joint pain, and/or mobility issues. All levels welcome.

### Saanich Commonwealth Place

Sonia Gray  
44343 F 6-7pm Jan 15-Feb 26 7/\$74

## Balance and Strength ♥

Functional exercise on and around the chair that focuses on balance issues and improving your strength so you can enjoy your regular activities without fear of falling or injury.

### Saanich Commonwealth Place

Kathleen Baker  
44131 M 2:45-3:30pm Jan 11-Feb 22 6/\$45

## Balance Booster © ♥

Improve your balance with safe exercises that will increase both your lower and upper body strength. Learn to identify habits that can negatively impact your balance. This is a slower-paced class suitable for all levels, however participants must be able to sit/stand and walk on their own.

### Gordon Head Recreation Centre

Corinne Dibert  
44103 W 10:45-11:45am Jan 6-27 4/\$30  
44125 W 10:45-11:45am Feb 3-24 4/\$30

## Barre Strength Fusion ♥

You don't have to be a dancer to do barre, though you may feel like one after just one class. This class fuses strengthening combinations with classic sculpting barre moves for an energizing workout that challenges your muscles, while toning your whole body.

### Saanich Commonwealth Place

Ann Bookman  
44357 Tu 9:10-10am Jan 5-Feb 23 8/\$88

## Barre Fitness ♥

An excellent regime of ballet, pilates, yoga, strength and flexibility training using a ballet barre. This total body conditioning technique has been designed to create a low intensity workout that will transform and sculpt your entire body with a strong focus on postural strength and alignment. Open to all levels.

### Saanich Commonwealth Place

Marilyn Wilson  
44134 M 5:30-6:30pm Jan 4-Feb 22 8/\$88  
Janine Babey  
44133 W 5:30-6:30pm Jan 6-Feb 24 8/\$88  
Ann Bookman  
44132 Th 9:10-10am Jan 7-Feb 25 8/\$88

## Barre Yoga ♥

This fusion class blends stretch, strength, tightening, toning and breath work through a combination of Yoga and Barre. This class will condition and expand your body & breath with the power of yoga, as well as tighten and tone with the notorious barre burn. If you are looking for a full body workout that leaves you with that 'yoga bliss', then this class is for you!

### Saanich Commonwealth Place

Janine Babey  
44135 M 7-8pm Jan 4-Feb 22 7/\$77

## Body Sculpt ♥

This workout for registered participants uses weights, body bars, body weight and more to promote muscle strength and endurance by targeting all major muscle groups. Great cross training class for all levels.

### Saanich Commonwealth Place

Karla Matthews  
44354 Tu 7:15- 8:15pm Jan 5-Feb 23 8/\$60  
Jennifer Ablack  
44136 Th 7:15- 8:15pm Jan 7-Feb 25 8/\$60

## Buddhist Meditation ♥

Happiness is a calm, clear and peaceful mind. Discover the power of meditation to decrease stress, think more positively and creatively in the face of problems, and respond more openly towards others. Ideal for everyone, on chairs or mats.

### Cedar Hill Recreation Centre

Kelsang Zopa  
44230 Tu 12-1pm Jan 12-Feb 23 7/\$67

## Chronic Pain/Mild Movement Class ♥

Safe mild exercise class for people living with chronic pain, fibromyalgia or for people looking for a gentle class. This is a class for people who are already mildly active. Chair exercises provided as alternatives.

### Saanich Commonwealth Place

Diana Lewall  
44137 Tu 12-12:45pm Jan 5-Feb 23 8/\$60  
44138 Th 12-12:45pm Jan 7- Feb 25 8/\$60

## FINANCIAL ASSISTANCE

Our financial assistance program L.I.F.E., Leisure Involvement For Everyone, supports individuals and families living on a low income. Additional grant opportunities are available for children and youth 3-18 years.

Contact [mena.westhaver@saanich.ca](mailto:mena.westhaver@saanich.ca) for more information.

## Cycle - Complex ♥

Variety of challenging drills including, time trials, aerobic endurance, hill climb intervals. You will work in all terrain. **Please Note:** This program will not be available due to the G.R. PHO, all high intensity fitness classes will resume once restrictions are lifted. 43956 7/\$63

## Cycle - Strength ♥

This class combines strength and cardio ON and OFF the bike! Using a variety of intervals, you're sure to get a great workout. **Please Note:** This program will not be available due to the G.R. PHO, all high intensity fitness classes will resume once restrictions are lifted. 43986 3/\$72

## Cycle - Core ♥

This class features 35 minutes of cycling followed by 20 minutes of core training. **Please Note:** This program will not be available due to the G.R. PHO, all high intensity fitness classes will resume once restrictions are lifted. 43987 3/\$72



## DROP-IN FITNESS CLASSES

Looking for drop-in fitness classes? Go to [www.saanich.ca](http://www.saanich.ca) and [reserve online](#) or call one of the recreation centres to book your reserved drop-in class.

[Learn more about the Facility Calendar, Schedule and Fees here.](#)

## Dancefix ♥

Spice up your fitness routine with a combination of cardiovascular training and muscle conditioning. This aerobic-style dance class will have you grooving through a fun, challenging workout. No dance experience necessary, but come prepared to get sweaty and silly!

This class is for females only.  
Gordon Head Middle School  
Kristen Chan **Please Note:** This program will not be available due to the PHO, all high intensity fitness classes will resume once restrictions are lifted. 43121 9/\$108  
Royal Oak Secondary School  
Kirsten Chan  
44939 W 5:30-6:30pm Jan 13-Mar 10 9/\$108

## Deep Water Fitness Conditioning ♥

Ideal class for people wanting a smaller deep water interval workout to improve cardio, strength, recovering from injury or joint replacements. Work on balance, core, total body strength, co-ordination and cardio fitness.

Great for everyone!  
Saanich Community Centre  
Kathleen **Please Note:** This program will not be available due to the PHO, all high intensity fitness classes will resume once restrictions are lifted. 44051 16/\$144  
Sarah Davidson  
44342 W & F 11:15-12:15pm Jan 6-Feb 26 16/\$144

## Fitness 101 ♥

Just starting out or need a refresher? We will cover strength training, how to safely engage your core, and effective stretching. Bring your own mat. Maximum 6 participants

### Gordon Head Recreation Centre

Joanne Krol

44151 T & Th 10:30-11:30am Jan 5-28 8/\$88

44153 T & Th 10:30-11:30am Feb 2-25 8/\$88

## Fitness 201 ♥

Learn safe, effective progressions of skills from Fitness 101. This class is suitable for those with a moderate fitness level and a good understanding of proper form. Maximum 6 participants

### Gordon Head Recreation Centre

Joanne Krol

44156 T & Th 9:15-10:15am Jan 5-28 8/\$88

44158 T & Th 9:15-10:15am Feb 2-25 8/\$88

## Fitness 301 ♥

Not a beginner and /or graduated from Fitness 201? Continue to build skills while increasing your fitness, knowledge and form. Maximum 6 participants

### Gordon Head Recreation Centre

Joanne Krol

44159 T & Th 8-9am Jan 5-28 8/\$88

44160 T & Th 8-9am Feb 2-25 8/\$88

Click on the [Program Number](#) to link to the Saanich Rec Online Registration website



## INTENSITY LEVEL GUIDE

All classes welcome participants 13yrs+. For your convenience we have listed the intensity level beside the class. Modifications can be shown in all classes.



Suitable for everyone from beginners to advanced, emphasizing fun and effective workouts; challenging options for experienced participants.

**Please Note:** Due to PHO restrictions, all classes will be offered at low intensity levels

## Full Body Fitness ♥

If you get bored trotting along in your same old routine circuit training can fix that! Build muscle and tone too! The exercise options are endless! Your own individual circuit!

### Gordon Head Recreation Centre

Janece Miller

44209 M 9:30-10:30am Jan 4-25 4/\$30

44210 M 9:30-10:30am Feb 1-22 3/\$23

Joanne Krol

#### Please Note:

442 This program will not be available due to the PHO, all high intensity fitness classes will resume once restrictions are lifted.

4443 TBA

44452 Th 5:45-6:45pm Jan 7-28 4/\$30

44453 Th 5:45-6:45pm Feb 4-25 4/\$30

## Functional Fitness ♥

Make your training more functional by getting off the machines and on your feet. Improve your fitness, balance and core strength.

### G.R. Pearkes Recreation Centre

Wanda Hanna

**50+ yrs**

43052 Tu 10:30-11:30am Jan 5-26 4/\$32

43053 Tu 10:30-11:30am Feb 2-23 4/\$32

Leah Turcot

**50+ yrs**

43054 Th 10:30-11:30am Jan 7-28 4/\$32

43055 Th 10:30-11:30am Feb 4-25 4/\$32

### Cedar Hill Recreation Centre

Rosalie Russo

44077 M & W 9-10am Jan 4-27 8/\$64

44078 M & W 10:30-11:30am Jan 4-27 8/\$64

44079 M & W 12-1pm Jan 4-27 8/\$64

44080 M & W 9-10am Feb 1-24 7/\$56

44081 M & W 10:30-11:30am Feb 1-24 7/\$56

44082 M & W 12-1pm Feb 1-24 7/\$56

## Gentle Fit (55yrs+) ♥

Suitable for those starting an exercise routine, exercising regularly at a moderate level or recovering from various movement restrictions owing to recent operations, stroke or illness. Gentle Fit offers the option of exercising while seated.

### Cedar Hill Recreation Centre

Kay Inamura

44105 T 10-10:55am Jan 5-26 4/\$30

44106 T 10-10:55am Feb 2-23 4/\$30

44112 T 11:30am-12:25pm Jan 5-26 4/\$30

44113 T 11:30am-12:25pm Feb 2-23 4/\$30

44107 F 11:30am-12:25pm Jan 8-29 4/\$30

44108 F 11:30am-12:25pm Feb 5-26 4/\$30

## Indoor - Total Body Workout ♥

Join these fun total body ultimate shaping workouts to build strength and elevate your cardio, core, endurance, & flexibility to new standards. Be prepared to work hard and be challenged in a non-competitive environment.

This class is in the large gymnasium.

### Saanich Commonwealth Place

Rachel Houle

43049 W 6:45-7:45pm Jan 13-Feb 24 7/\$74

## Kick Boxing ♥

Learn basic kickboxing techniques and conditioning drills to increase power, speed and agility while improving individual movement patterns in a safe, supportive and

socially distanced setting.

#### Please Note:

This program will not be available due to the PHO, all high intensity fitness classes will resume once restrictions are lifted.

## Leisure Assistant Pass

Our Leisure Assistant Pass supports Saanich residents with disabilities, of all ages, who require the assistance of a support person for leisure activities.

Upon presentation of the Leisure Assistant Pass (from any municipality), one support person will be given free or reduced admission. Learn more about Inclusion Services by visiting [bit.ly/saanichinclusion](http://bit.ly/saanichinclusion)

Click on the [Program Number](#) to link to the Saanich Rec Online Registration website



### Less is More ♥

Use your own body weight to increase muscular strength, range of movement, balance and functional fitness. Includes core exercises. Bring your own mat.

#### Cedar Hill Recreation Centre

44071 Tu 8:30-9:30am Jan 5-Feb 23 8/\$84  
44532 Tu 6-7pm Jan 5-Feb 23 8/\$84

#### Gordon Head Recreation Centre **Please Note:**

This program will not be available due to the PHO, all high intensity fitness classes will resume once restrictions are lifted.

44439 Tyler Zawacki 3/\$32  
44454 W 5:45-6:45pm Jan 6-27 4/\$42  
44455 W 5:45-6:45pm Feb 3-24 4/\$42

### Modified Core and More ♥

Focus on strengthening your core abdominal area, lower back and glutes. A variety of exercises in this class suitable for everyone. The class is located in the Auditorium at GHRC.

#### Gordon Head Recreation Centre

44461 M 8-9am Jan 4-25 4/\$30  
44462 M 8-9am Feb 1-22 3/\$23  
44463 W 8-9am Jan 6-27 4/\$30  
44464 W 8-9am Feb 3-24 4/\$30  
44465 F 8-9am Jan 8-29 4/\$30  
44466 F 8-9am Feb 5-26 4/\$30

### Nia Dance and FUNctional Fitness ♥

Dance has been proven to help cognitive function, as well as condition the body while having fun moving to music. Nia is choreographed and free dance, combined with martial arts and healing. Nia improves circulation and helps maintain a healthy weight and is great for any age, fitness level, or body type. Learn balance, strength, coordination, agility and just feel good.

#### Saanich Commonwealth Place **Please Note:**

This program will not be available due to the PHO, all high intensity fitness classes will resume once restrictions are lifted.

45033 7/\$84  
45034

### Osteofit Beginner ♥

This BC Women's Hospital lifestyle management program consists of fall prevention, education, strength, balance and coordination. The program is beneficial to anyone and especially safe for those with osteoporosis. Attending at least two classes per week is recommended.

#### Cedar Hill Recreation Centre

Karen Bennett  
44222 M 10:30-11:30am Jan 4-25 4/\$30  
44224 M 10:30-11:30am Feb 1-22 3/\$23  
Deborah Ward  
44223 W 10:30-11:30am Jan 6-27 4/\$30  
44225 W 10:30-11:30am Feb 3-24 4/\$30

#### G.R. Pearkes Recreation Centre

Anne Casey  
43056 M 10:30-11:30am Jan 4-25 4/\$30  
43057 M 10:30-11:30am Feb 1-22 4/\$30

#### Saanich Commonwealth Place

Shirley McCuaig  
44140 Tu & Th 1:15-2pm Jan 12-Feb 25 14/\$105

### Osteofit for Life ♥

An ongoing program focused on fall prevention and reducing the risk of fractures through development of core strength, balance exercises and proper posture. Participants are encouraged to attend at least two classes per week for best results.

#### Cedar Hill Recreation Centre

Karen Bennett  
44212 M 9-10am Jan 4-25 4/\$30  
44215 M 9-10am Feb 1-22 3/\$23  
44214 F 10-11am Jan 8-29 4/\$30  
44217 F 10-11am Feb 5-26 4/\$30

#### Deborah Ward

44213 W 9-10am Jan 6-27 4/\$30  
44216 W 9-10am Feb 3-24 4/\$30

#### Saanich Commonwealth Place

Shirley McCuaig  
44141 M 2-3pm Jan 4-Feb 22 7/\$53  
44142 W 2-3pm Jan 6-Feb 24 8/\$60

### Outdoor Fitness ♥

Step outside to get fit. The class is designed to challenge yourself, reach your goals, improve your health and get the results you want. Designed for all fitness levels. Classes run rain or shine.

#### G.R. Pearkes Recreation Centre

43058 F 10:30-11:30am Jan 8-Feb 26 8/\$64

## REGISTRATION

**ONLINE** with ActiveNet: [click here](#)

**PHONE** any of our centres

**IN PERSON** at all of our centres

## Party Fit ♥

The ultimate high-intensity, high energy, dance fitness workout designed to increase participants fitness levels, mixing strength, cardio, balance and core exercises with

fun and simple dance moves. No prior dance experience required and all fitness levels are welcome.

### Please Note:

This program will not be available due to the PHO, all high intensity fitness classes will resume once restrictions are lifted.

## Pilates - Level 1 ♥

This mat work class focuses on alignment, breath, balance and core strength. Controlled, fluid pilates exercises improve range of motion while strengthening and stretching the body. No equipment or experience needed. Pilates mat work classes are not for chronic injuries.

### Cedar Hill Recreation Centre

Phyllis Musseau

43796 M 5:30-6:30pm Jan 11-Feb 22 6/\$61

## Pilates - Ongoing ♥

This mat work class focuses on alignment, breath, balance and core strength. Controlled, fluid pilates exercises improve range of motion while strengthening and stretching the body.

### Cedar Hill Recreation Centre

Phyllis Musseau

43798 M 7-8pm Jan 11-Feb 22 6/\$61

## Pilates - Restorative ♥

This blend will provide you with increased flexibility, improved mood, circulation and reduce stress. It will help with back pain or tension and is gentle on the body. Leave feeling refreshed and relaxed.

### Gordon Head Recreation Centre

Debby Pietraszek

43259 Tu 9:30-10:30am Jan 12-Feb 23 7/\$71

## Pilates Conditioning - Back to Basics and Beyond ♥

Perfect cross-training choice for all levels. A unique exercise designed to condition the entire body through focus of alignment, core strength, breath and flowing movement which allows you to move with greater efficiency and form.

### Saanich Commonwealth Place

Phyllis Musseau

44143 Tu 6-6:50pm Jan 5 - Feb 23 8/\$81



## Pilates Matwork - All levels ♥

Joan will lead you through a mind/body Pilates hour that focuses on natural alignment, breath, balance and core strength. Controlled, fluid pilates exercise calm the nervous system while strengthening and stretching the body, leaving you relaxed and energized. Some experience in Pilates is helpful but not essential.

### Saanich Commonwealth Place

Joan Buna

44207 M 6-7pm Jan 11-Feb 22 6/\$61

## Pilates with Strength ♥

Fabulous class that will challenge you with innovative resistance moves while strengthening and lengthening with pilates. All in one balanced and fun workout!

### Saanich Commonwealth Place

Michelle Maynard

44144 F 9:10-10:10am Jan 8-Feb 26 8/\$81

## 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.

### Saanich Commonwealth Place

Pat Rhodes

44145 F 10:40-11:40am Jan 8-Feb 26 8/\$60

Karen Bogle

44146 M 11:30-12:30pm Jan 4-Feb 22 7/\$53

## Rise'n Spin ♥

Start your day right with an indoor cycling class for all fitness levels. Challenge yourself with a variety of drills including sprints, endurance and climbs. You choose the intensity to bring your fitness to a new level. The music will motivate you and keep you energized. It's the perfect way to start your day!

Gordon Head Recreation Centre

Jen Poitras

### Please Note:

This program will not be available due to the PHO, all high intensity fitness classes will resume once restrictions are lifted.

## Senior's Social and Movement Class ♥

Do you help care for an adult with mild to moderate cognitive decline, who would enjoy some social time, light exercise and recreation? Our group for older adults provides supervised activity in a safe and fun setting, allowing caregivers a short break for themselves. Please call Lisa Banks at 250-475-7619 for more information.

### Saanich Commonwealth Place

JoAnn Gillespie

44126 W 12:15-2:15pm Jan 13-Mar 10 9/\$72

## Sit and Stay Fit ♥

Exercise for adults with limited physical mobility.

Exercises are done on and around the chair focusing on strength and range of motion. This class is suitable for those with osteoporosis.

### Gordon Head Recreation Centre

Corinne Dibert

44467 W 12:15-1:15pm Jan 6-27 4/\$30

44474 W 12:15-1:15pm Feb 3-24 4/\$40

## Small Group Training ♥

In this small group format you'll learn proper techniques for strength training, including safely improving your core, stamina, and flexibility. Suitable for all levels. (max of 6:1 Ratio).

### Saanich Commonwealth Place

Sean Kennedy

### Please Note:

This program will not be available due to the PHO, all high intensity fitness classes will resume once restrictions are lifted.

43051 W 8-9am Jan 13-Feb 24 7/\$77

## REGISTRATION

**ONLINE** with ActiveNet: [click here](#)

**PHONE** any of our centres

**IN PERSON** at all of our centres

## INTENSITY LEVEL GUIDE

All classes welcome participants 13yrs+. For your convenience we have listed the intensity level beside the class. Modifications can be shown in all classes.



Suitable for everyone from beginners to advanced, emphasizing fun and effective workouts; challenging options for experienced participants.

**Please Note:** Due to PHO restrictions, all classes will be offered at low intensity levels

## Spin to Zen ♥

End your day right with an indoor cycling class for all fitness levels. Challenge yourself with a variety of drills including sprints, endurance and climbs. You choose the intensity to bring your fitness to a new level. The music

will motivate you and keep you energized. It's the perfect way to end your day!

### Please Note:

This program will not be available due to the PHO, all high intensity fitness classes will resume once restrictions are lifted.

44445 Tu 7:20-8:05pm Feb 2-23 4/\$52

## Step & Core ♥

A more advanced step aerobics class with combinations and patterns of creative choreography. This higher intensity workout will get your heart rate up and burn

calories - perfect to challenge your fitness and mind.

Modifications will be shown to accommodate all fitness levels.

### Please Note:

This program will not be available due to the PHO, all high intensity fitness classes will resume once restrictions are lifted.

44147 Su 9-10:15am Jan 10-Feb 28 8/\$60

## Strength & Stretch 50+ ♥

Stretching, strengthening and core stability using hand weights, stability balls, tubing, balance boards and bodybars. This class is designed for the already active 50+ participants who can get up and down to the floor safely.

### Saanich Commonwealth Place

Pam Glover

44148 W 12-1pm Jan 6-Feb 24 8/\$60

Wanda Hanna

44150 F 12-1pm Jan 8-Feb 26 8/\$60

Pat Rhodes

44149 M 12-1pm Jan 4-Feb 22 7/\$53

44356 Su 10:45-11:45am Jan 10-Feb 28 8/\$60

## Total Body Fit ♥

This low intensity, total body fitness class will combine strength conditioning, core and more to help you lose weight, build muscle & increase your muscular endurance! All levels welcome, modifications can be shown.

### Saanich Commonwealth Place

Jane Wallace

44363 Th 6-6:55pm Jan 7-Feb 25 8/\$60

## TRX Suspension Training ♥

TRX Suspension training is a body-weight resistance system that is easily modified for most fitness levels.

This program will give you a full-body strengthening in an

**Please Note:**  
This program will not be available due to the PHO, all high intensity fitness classes will resume once restrictions are lifted.

44446 Tu 5:50-6:50pm Jan 5-26 4/\$42

44447 Tu 5:50-6:50pm Feb 2-23 4/\$42

## Yoga - Ab and Glute Makeover ♥

Tighter, Stronger, Firmer!! Yoga is perfect for quickly strengthening the gluteal muscles! Sculpt, tone, mold & redefine your lower body using your own body weight! Stretch & lengthen your muscles, while enhancing your abs/core! You will love the results!

### Gordon Head Recreation Centre

Jennifer Laforet

43268 Th 6:15-7:30pm Jan 14-Feb 25 7/\$84

## Yoga - Ashtanga Flow ♥

Move and flow through postures with an emphasis on safe, effective alignment. Deepen your individual practice by exploring postures in accessible stages. Soothe the nervous system through breathwork and meditation, and leave stronger than before.

### Saanich Commonwealth Place

Kelly Urquhart

44206 Th 5:30-6:45pm Jan 7-Feb 25 8/\$93

## Yoga - Beginner/Mixed ♥

By joining movement with deep breathing, yoga promotes flexibility and relaxation while toning and strengthening the body. Great for stress reduction.

### Gordon Head Recreation Centre

Helga Beer

43123 W 6-7:30pm Jan 13-Feb 24 7/\$98

## Yoga - Beginners ♥

Learn basic yoga postures and yoga breathing exercises to help you establish a personal yoga routine. A good introduction to the practice of yoga.

### Gordon Head Recreation Centre

Emily Becker

43163 M 6:15-7:15pm Jan 11-Mar 8 8/\$74

## Yoga - Bend it like Peckham Level 2 ♥

The essence of yoga is balance in our lives and being present to the moment. This practice will cover standing poses, leg stretches, backbends, hip openers, spinal twists, and inversions. Also included are breath and relaxation essential for calming, healing and restoring

**Please Note:**  
This program will not be available due to the PHO, all high intensity fitness classes will resume once restrictions are lifted.

44534 Tu 6:15-7:30pm Jan 5-Feb 23 8/\$93

## Yoga - Chair Yoga ♥

With the emphasis on the breath, combined with gentle postures, students will experience the many benefits of yoga: calmer, more focused mind, increased flexibility, better balance, strengthened muscles and nervous system.

### Gordon Head Recreation Centre

Tessa Rae Hamelin

43261 M 11:30-12:30pm Jan 4-Mar 1 8/\$74

43262 W 11am-12pm Jan 6-Feb 24 8/\$74

## Yoga - Classical Hatha ♥

You can expect precise individual feedback and therapeutic adjustments based on your injuries and scar tissue. Classes will include traditional postures and gentle breathing exercises.

### G. R. Pearkes Recreation Centre

Wynoa Cole

43060 W 7-8pm Jan 6-Feb 24 8/\$74

43059 Th 6:35-8:05pm Jan 7-Feb 25 8/\$111

## Yoga - Core and More ♥

A true core workout program that develops dozens of muscles attached to the hips, pelvis, lower back and abdominals to give you lifelong results: agility, power, posture and weight loss.

### Gordon Head Middle School

Jennifer Laforet

43269 M 6-7pm Jan 11-Mar 8 8/\$80

43270 W 6-7pm Jan 13-Mar 3 8/\$80





## Yoga - For Every Body ♥

Move and stretch in this full body revitalization class designed for every Body. Cultivate strength, stability and balance with options to meet you where you are and build from there. Explore breathing exercises to promote relaxation and mindfulness.

### Cedar Hill Recreation Centre

Laura Benson

44231 Tu 10:30-11:30am Jan 5-Feb 23 8/\$74

44232 Th 10:45-11:45am Jan 7-Feb 25 8/\$74

### Gordon Head Recreation Centre

Laura Benson

43124 Tu 7:15-8:15pm Jan 5-Feb 23 8/\$74

## Yoga - Gentle Yoga ♥

For students comfortable with balance, and getting up and down to the floor smoothly. We will work on a variety of yoga exercises to create a balance between strength and flexibility, and build confidence so you can practice at home safely.

### G.R. Pearkes Recreation Centre

Tessa Rae Hamelin

43061 F 3-4:15pm Jan 8-Feb 26 8/\$93

## Yoga - Hatha Beginner ♥

By joining movement with deep breathing, yoga promotes flexibility and relaxation while toning and strengthening the body. Great for stress reduction. This all levels class is accessible to beginners but will also offer options for a more advanced practice.

### Saanich Commonwealth Place

Mary Elizabeth Peckham

44221 W 6:15-7:30pm Jan 6-Feb 24 8/\$93

### G. R. Pearkes Recreation Centre

Wynoa Cole

43964 Sa 11:15-12:30pm Jan 9-Feb 27 8/\$93

## Yoga - Hatha Flow ♥

Invalidate your day with Hatha flow. Increase flexibility while promoting great health. Enjoy this gently energizing class to provide focus, energy and vitality.

### Saanich Commonwealth Place

Janine Babey

44183 Sa 9-10am Jan 9-Feb 27 8/\$74

## Yoga - Iyengar - All levels ♥

'Freedom in the body brings freedom in the mind' (B.K.S. Iyengar). The class will focus on foundation postures to bring stability, mobility, strength, and stamina; for those with more Iyengar experience, Ty will deepen your practice with new postures and inversions. The energizing practice will help shed the day's stress and leave you refreshed.

### Saanich Commonwealth Place

Ty Chandler

44529 Th 1-2:30pm Jan 7-Feb 25 8/\$111

### Cedar Hill Recreation Centre

Britta Poisson

44233 Th 5:30-7pm Jan 7-Feb 25 8/\$111

## Yoga - Kundalini - Healing Yoga ♥

Kundalini yoga balances the nervous system, massages the glands, builds core strength and expands chakra energy. Come out to move, breathe, chant and renew your vitality. Suitable for all levels.

### Cedar Hill Recreation Centre

Sherri Bird

44234 F 10-11:30am Jan 8-Feb 26 8/\$111

## Yoga - Strength and Ease ♥

Create a strong practice that builds subtlety over force. This all-levels class offers modifications to intelligently activate your alignment, making your poses efficient and effective. Yogis will focus on breath, asana, and meditation to support a lifelong practice.

### Saanich Commonwealth Place

Kelly Urquhart

44127 F 12-1:15pm Jan 8-Feb 26 9/\$105

44128 Tu 10:15-11:30am Jan 5-Feb 23 8/\$93

## Yoga - Tessa Rae Yoga - Beginners ♥

Learn pranayama, yoga philosophy, and gentle exercises to strengthen and stretch the body. Safely stabilize the shoulder and pelvic girdle, reduce back and neck pain, and stress in the body and mind. A safe environment to heal and prevent further injury.

### G. R. Pearkes Recreation Centre

Tessa Rae Hamelin

43062 M 5-6:15pm Jan 4-Feb 22 7/\$81

### Gordon Head Recreation Centre

43263 Tu 5:15-6:45pm Jan 5-Feb 23 8/\$111

43264 Th 5:15-6:30pm Jan 7-Feb 25 8/\$93

## FINANCIAL ASSISTANCE

Our financial assistance program L.I.F.E., Leisure Involvement For Everyone, supports individuals and families living on a low income. Additional grant opportunities are available for children and youth 3-18 years.

Contact [mena.westhaver@saanich.ca](mailto:mena.westhaver@saanich.ca) for more information.

## REGISTRATION

**ONLINE** with ActiveNet: [click here](#)

**PHONE** any of our centres

**IN PERSON** at all of our centres

## Yoga – Therapy and Pain Care ♥

Yoga Therapy teaches recovery through awareness and self-regulation. You will learn safe movements, relaxation techniques and mindfulness tools that help you to find more ease. In this series you will: Relate to yourself with self-compassion, identify with your whole self -beyond persistent pain, learn tools for self-reflection, and feel empowered in supporting your home practice. This class is for people with persistent or chronic pain including injury, arthritis, fibromyalgia and others. The gentle and mindful pace of this class also benefits those dealing with chronic inflammation and stress. No previous Yoga experience required. Chairs are provided for an option, but please bring any other props such as a mat, blanket or rolled towel.

### Saanich Commonwealth Place

Regina Pfeifer

44208 Tu 1:45-3pm Jan 19-Feb 23 6/\$102

## Yoga - Yoga Hour ♥

A 60 minute dynamic, alignment focused, flow practice that is designed to be difficult but doable for all levels of students with no major injuries.

### G. R. Pearkes Recreation Centre

Mariko Bayley

43063 Tu 6:30-7:30pm Jan 5-Feb 23 8/\$74

43315 W 10:30-11:30am Jan 6-Feb 24 8/\$74

43312 Su 11am-12pm Jan 10-Feb 28 8/\$74

Janine Babey

43330 M 1-2pm Jan 11-Feb 22 6/\$56

## Yoga - Flow ♥

Fun and creative all-level flow, inspired by Ashtanga yoga. May include explorations like balances and back bending. Sweat and have fun in this class that includes core work and challenging postures to build strength and flexibility.

### Saanich Commonwealth Place

Crista Shillington

44182 W 9:15-10:30am Jan 6-Feb 24 8/\$93

## Yoga for 50 yrs + ♥

Classes begin with a variety of gentle warm-up exercises to stretch and warm the entire body before moving into different postures, which are introduced sequentially.

### G. R. Pearkes Recreation Centre

Mary Elizabeth Peckham

43064 F 10:30-11:45am Jan 8-Feb 26 8/\$93

### Saanich Commonwealth Place

Kelly Urquhart

44152 Tu 11:45am-1pm Jan 5-Feb 23 8/\$93

Mary Elizabeth Peckham

44155 Th 11:30am-12:45pm Jan 7-Feb 25 8/\$93

## Yoga for Runners ♥

The perfect complement to pounding the pavement. Learn postures to lengthen the hamstrings, open up the hips and release tension created from running. An opportunity to overcome and prevent injuries, build stability and improve joint range.

Flexibility not necessary.

### Gordon Head Recreation Centre

Emily Becker

43164 M 7:30-8:30pm Jan 11-Mar 8 8/\$74

## ZUMBA Fitness ♥

Zumba fitness classes eliminate the 'work' from 'working out' by combining amazing, irresistible Latin and international music with dynamic, yet simple exercise moves. Even if you have two left feet, you'll love attending ZUMBA fitness classes.

### Gordon Head Middle School

Adriana Tobon

43278 Tu 6-7pm **Please Note:** Feb 23 8/\$84

This program will not be available due to the PHO, all high intensity fitness classes will resume once restrictions are lifted.

Claire

43134 8/84

Roxana Soto

43265 F 9:30-10:30am Jan 15-Mar 5 8/\$84

## Zumba Gold® - Toning ♥

Enjoy the same dance rhythms of Zumba Gold while using toning sticks to isolate moves and strengthen muscles. Please bring your own toning stick or light weight dumbbells. **Please Note:** This program will not be available due to the PHO, all high intensity fitness classes will resume once restrictions are lifted.

Cedar Hill

44991 Th 5-6pm Jan 14-Feb 25 7/\$74

## ZUMBA Gold® ♥

Designed for active older adults and people starting their fitness journey, ZUMBA Gold combines easy-to-follow moves with zesty Latin and international rhythms to create an energizing and fun fitness experience that is less intense than regular ZUMBA.

### Cedar Hill Recreation Centre

Heather La Page

44228 M 9:15-10:15am Jan 11-Feb 22 6/\$63

44229 Tu 5:30-6:30pm Jan 12-Feb 23 7/\$74

### Gordon Head Recreation Centre **Please Note:**

This program will not be available due to the PHO, all high intensity fitness classes will resume once restrictions are lifted.

Claire

43134 8/84

Roxana Soto

44639 M 11:15-12:15pm Jan 11-Mar 8 8/\$84

43266 F 10:45-11:45am Jan 15-Mar 5 8/\$84

Click on the [Program Number](#) to link to the Saanich Rec Online Registration website

