

# Reserved Drop-in Fitness

Effective: January 4 to July 4, 2026

Schedule is subject to change

PROGRAM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Circuit	♥♥		9:15-10:10am	9:15-10:10am		9:15-10:10am	8:15-9:10am 9:30-10:25am	
Strength & Stretch	♥♥		9:10-10am		8:10-9am 9:10-10am			
Triple Fit	♥♥	9-9:50am	4-4:50pm			5-5:50pm		8-8:50am 9-9:50am
Basic Yoga	♥	10:15-11:05am 7-7:50pm	8-8:50pm	10:15-11:05am 4-4:50pm	7-7:50pm	10:15-11:05am		
Pure Stretch	♥		10:15-11:05am		10:15-11:05am			
Body Fit	♥♥	5-5:50pm		5-5:50pm			9:30-10:20am	
HIIT Express	♥♥♥		6-6:50pm					
HIIT & Stretch	♥♥♥				6-6:50pm			
Cycle & Core	♥♥			9:10-10am				
Cycle & Strength	♥♥					9:10-10am		
Cycle Fit	♥♥	6-6:50pm	6:10-7am 5-5:50pm		5-5:50pm		8:30-9:20am	
Cycle & Stretch	♥♥			6-6:50pm				
Partyfit	♥♥		7-7:50pm					

## Notes & Information:

- Reservations can be made 7 days in advance at 7:30am
- Register online at [saanich.ca/recreation](http://saanich.ca/recreation) or call 250-475-5400
- No classes on the statutory holidays:
  - Monday February 16 – Family Day
  - Friday April 3 – Good Friday
  - Monday April 6 – Easter Monday
  - Monday May 18 – Victoria Day
  - Wednesday July 1 – Canada Day
- Classes welcome to participants 13yrs+
- Check out our live schedule at [saanich.ca/recreation](http://saanich.ca/recreation)
- Please familiarize yourself with our new Reserved Drop-In Attendance Procedure by visiting our website.



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 still 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.

<b>Basic Yoga</b>	♥	A basic beginner-friendly class that introduces key poses and breathing techniques at a slower pace. Perfect for those new to yoga or looking to refresh their practice.
<b>Body Fit</b>	♥♥	This total body fitness class combines strength, conditioning, core and more to help you lose weight, build muscle & increase your muscular endurance! Various equipment may be used such as bikes, weights, band etc.
<b>Circuit</b>	♥♥	A popular workout format that rotates through a variety of exercises targeting different parts of the body.
<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 &amp; Core</b>	♥♥	This class begins with 30+ minutes on the Keiser Spin bike followed by core training that focuses on the lower back, hips, and abdominals, an important part of every fitness program.
<b>Cycle &amp; Strength</b>	♥♥	This class combines 30 minutes on the bike followed by 25 minutes of strength training. You're sure to get a complete workout in this class. Exercise modifications will be shown to accommodate all fitness levels.
<b>Cycle &amp; Stretch</b>	♥♥	Come and enjoy 40 minutes of cycling that includes drills, sprints, and climbs both in and out of the saddle followed by a 15-minute full body stretch.
<b>HIIT Express</b>	♥♥♥	Participate in short periods of high intensity exercise followed by less intense recovery periods. The burst of intensity will burn fat and increase metabolism long after the workout. Set your own level of intensity.
<b>HIIT &amp; Stretch</b>	♥♥♥	Participate in short periods of high intensity exercise followed by less intense recovery periods. The burst of intensity will burn fat and increase metabolism long after the workout. Class ends with a 10 min relaxing stretch.
<b>Partyfit</b>	♥♥	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 welcome.
<b>Pure Stretch</b>	♥	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.
<b>Strength &amp; Stretch</b>	♥♥	Develop strength, balance and core stability using minimal equipment, followed by a full body stretch. This class is designed for the already active participant who can get up and down to the floor safely.
<b>Triple Fit</b>	♥♥	A full-body workout combining cardio, strength, and flexibility. Choose from two low-impact cardio formats using the Concept2 rower or Keiser bike, along with strength training and mobility exercises for a balanced, effective workout. Participants rotate through various stations.