

Saanich Recreation – Fall Cycle Schedule

Reserved Drop-In (13+yrs)

Effective: Sep 3-Dec 20, 2024

Effective Sep 16 for Saanich Commonwealth Place

Schedule is subject to change

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle Fit	6:15-7am GHRC 8-8:50am 10:30-11:20am SCP 6-6:50pm PKS	6:15-7am GHRC 5-5:50pm PKS	8-8:50am SCP	6:15-7am GHRC 5-5:50pm PKS 6:30-7:20pm SCP	6:15-7am GHRC	8:30-9:25am PKS	9:30-10:20am SCP
Cycle & Core		9:10-10am SCP	9-9:55am PKS				
Cycle & Strength	5:30-6:30pm GHRC	6:25-7:15pm SCP	6:15-7:15am GHRC	12:45-1:35pm SCP	9:10-10:05am PKS		
Cycle & Stretch			6:10-7:05pm PKS				
Cycle Suspension				6-7pm GHRC			

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 8:30am.
- Register online at saanich.ca/recreation or call any Saanich Recreation Centre.
- All classes welcome participants 13yrs+
- Check out our live schedule at saanich.ca/recreation
- No classes on Sep 30, Oct 14, Nov 11



Cycle Fit: ❤️❤️	Come and challenge yourself in this cycling class, including: intervals, drills, sprints and climbs both in and out of the saddle.
Cycle & Core: ❤️❤️	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.
Cycle & Strength: ❤️❤️	This class begins with approximately 30 minutes on the Keiser spin bike followed by strength training exercises; a key component for overall fitness.
Cycle & Stretch: ❤️❤️	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.
Cycle & Suspension: ❤️❤️❤️	This class includes exercises on a suspension trainer as well as the Keiser spin bike to give you a total body strength and cardio workout.