


# Saanich Recreation – Cycle Schedule

## Reserved Drop-In (13+yrs)

Effective: Jun 29-Sep 2, 2024  
Schedule is subject to change

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle Fit	6-6:50pm PKS	6:15-7am GHRC 5-5:50pm PKS		6:15-7am GHRC 5-5:50pm PKS 6:30-7:20pm SCP		8:30-9:25am PKS	9:30-10:20am SCP
Cycle & Core			9-9:55am PKS				
Cycle & Yoga	5:30-6:30pm GHRC						
Cycle & Strength		6:25-7:15pm 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

<b>Notes and Information:</b>	<ul style="list-style-type: none"> <li>• Reservations can be made as early as 7 days in advance at 7:30am.</li> <li>• Register online at <a href="http://saanich.ca/recreation">saanich.ca/recreation</a> or call any Saanich Recreation Centre.</li> <li>• All classes welcome participants 13yrs+</li> <li>• Check out our live schedule at <a href="http://saanich.ca/recreation">saanich.ca/recreation</a></li> </ul>	
-------------------------------	---	--

<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; Yoga:</b>	Spend the first half of this class with challenging speed and strength drills on the keiser spin bike and the second half familiarizing yourself with yoga and practicing fundamental postures.
<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.
<b>Cycle Suspension:</b>	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.