


Reserved Drop-in Fitness

Effective: Sep 3 – Dec 20, 2024

Schedule is subject to change

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Partyfit <i>Dance Studio</i> ❤️❤️	11:30am-12:30pm						
Hi Lo <i>Gymnasium</i> ❤️❤️		9-10am		8:40-9:35am		9-10am	
Strength & Stretch <i>Gymnasium</i> ❤️		10:15-11:15am		10:15-11:15am			
Basic Yoga <i>Multipurpose Room</i> ❤️		5-6pm					9:30-10:30am
Notes & Information:	<ul style="list-style-type: none"> Reservations can be made as early as 7 days in advance at 7:30am. Register online at saanich.ca/recreation or call 250-475-7121. No classes will be held on the statutory holiday dates listed below: <ul style="list-style-type: none"> Monday September 30 Monday October 14 Monday November 11 All classes welcome participants 13yrs+ Check out our live schedule at saanich.ca/recreation 						

Intensity Level Guide	
❤️	Suitable for everyone from beginners to advanced, emphasizing fun and effective workouts; challenging options for experienced participants.
❤️❤️	Suitable for participants ready to improve technique and increase intensity while still emphasizing proper form. Best suited for those who are already active.

Basic Yoga ❤️	Familiarize yourself with yoga and practice fundamental postures. This is not a progressive class.
Hi Lo ❤️❤️	A moderate intensity with 20-30 minute cardio portion with low impact modifications shown. Toning exercises and stretching included in this well rounded class.
Partyfit ❤️❤️	The ultimate high-intensity, high energy, dance fitness workout is 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.
Strength & Stretch ❤️	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 from and down to the floor safely. Participants must bring their own mat.