


# Reserved Drop-in Fitness

Effective: Jul 2 – Sep 1, 2024

Schedule is subject to change

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>Hi Lo</b> <i>Gymnasium</i> ♥♥		9-10am		8:40-9:35am		9-10am		
<b>Strength &amp; Stretch</b> <i>Gymnasium</i> ♥		10:15-11:15am		10:15-11:15am				
<b>Basic Yoga</b> <i>Multipurpose Room</i> ♥		5-6pm					9:30-10:30am	
<b>Notes &amp; 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 250-475-7121.</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>							

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.

<b>Basic Yoga</b> ♥	Familiarize yourself with yoga and practice fundamental postures. This is not a progressive class.
<b>Hi Lo</b> ♥♥	A moderate intensity with 20-30 minute cardio portion with low impact modifications shown. Toning exercises and stretching included in this well rounded class.
<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 from and down to the floor safely. Participants must bring their own mat.