

HEALTH & FITNESS PROGRAMS

Fall 2024



20-20-20 50yrs+ ♥ OLDER ADULT FRIENDLY

This fun class is the total package. It starts off with 20 minutes of warm up and low impact cardio, followed by 20 minutes of weightlifting using body weight and/or dumbbells, before finishing off with 20 minutes of deep therapeutic stretch to release muscle tension, improve flexibility and reduce stress.

SAANICH COMMONWEALTH PLACE

Rosalie Russo

122788	M	Sep 16-Oct 28	2:15-3:15pm	5/\$47
122839	M	Nov 4-Dec 16	2:15-3:15pm	6/\$56

AGING BACKWARDS ♥ OLDER ADULT FRIENDLY

This dynamic, full-body workout combines stretching and strengthening techniques made famous in the popular book and TV show. Engage all 650 muscles in your body! Relieve chronic aches and stiffness and increases your mobility and strength. Suitable for active adults of all ages.

INTRODUCTORY LEVEL

WEST COAST ACADEMY FOR THE PERFORMING ARTS

124418	Tu	Sep 17-Oct 29	9:30-10:30am	7/\$105
124419	Tu	Nov 5-Dec 17	9:30-10:30am	7/\$105

AQUA STRENGTH AND STRETCH ♥

Use the resistance of the water to stretch, strengthen and stabilize your entire body in an invigorating muscle conditioning workout. A combination of yoga, Pilates, strength and flexibility exercises.

SAANICH COMMONWEALTH PLACE

Rachel Houle

123796	Tu	Oct 1-Oct 29	10-11am	5/\$47
123797	Th	Oct 3-Oct 31	10-11am	5/\$47
123799	Tu	Nov 5-Dec 17	10-11am	7/\$65
123800	Th	Nov 7-Dec 19	10-11am	7/\$65

AQUA ZUMBA ♥ OLDER ADULT FRIENDLY

Ideal for those looking to make a splash by adding a low impact, high energy aquatic exercise to their fitness routine. There is less impact on your joints. The water creates natural resistance, which means every step is more challenging and helps tone your muscles.

SAANICH COMMONWEALTH PLACE

Samantha Avis

123773	F	Sep 20-Nov 1	6-7pm	7/\$88
123774	W	Sep 18-Oct 30	7:15-8:15pm	7/\$88
123775	W	Nov 6-Dec 18	7:15-8:15pm	7/\$88
123776	F	Nov 8-Dec 20	6-7pm	7/\$88

BABE AND ME WATERFIT ♥

A special waterfit class for parents and babies up to 18 months. A great way to get into shape while getting your baby comfortable in the water in a fun and interactive way. This class is for babies up to 18mths.

SAANICH COMMONWEALTH PLACE

Karen Bogle

123793	W	Sep 18-Oct 30	11-11:45am	7/\$65
123794	W	Nov 6-Dec 18	11-11:45am	7/\$65

BABY AND ME CORE & MORE ♥

A safe core class for you to sculpt and strengthen your abdominals, lower back and glute muscles, with your baby by your side. Babies should not be older than 18mths.

SAANICH COMMONWEALTH PLACE

Jan Del Mistro

122759	Th	Sep 19-Oct 31	11:45am-12:30pm	7/\$65
122840	Th	Nov 7-Dec 19	11:45am-12:30pm	7/\$65

INTENSITY LEVEL GUIDE

All classes welcome participants 13yrs+. For your convenience we have listed the intensity level beside the class. Modifications can be shown in all classes.

♥ 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 individuals who are already active.

♥♥♥ Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.



OPTION OF EXERCISING WHILE SEATED

BALANCE BOOSTER® 45yrs+ ♥ OLDER ADULT FRIENDLY

This class blends strength exercises, brain fitness, and body awareness training. The focus is on fall prevention, but this class is suitable for those who want to stay mobile and active through the different phases of aging. Participants must be able to walk and sit/stand on their own.

SAANICH COMMONWEALTH PLACE

Corinne Dibert

122789	Tu	Sep 17-Oct 29	1-1:50pm	7/\$65
122865	Tu	Nov 5-Dec 17	1-1:50pm	7/\$65

BARRE FITNESS ♥

An excellent regime of ballet, pilates, yoga, strength and flexibility training using a ballet barre. This total body conditioning technique is a low-intensity workout that will transform and sculpt your entire body. Strong focus on postural strength and alignment. Open to all levels.

SAANICH COMMONWEALTH PLACE

Kathleen Baker

122835	M	Sep 16-Oct 28	7-8am	5/\$58
122869	M	Nov 17-Dec 15	7-8am	6/\$69

Ann Bookman

122763	Th	Sep 19-Oct 31	9:10-10am	7/\$81
122868	Th	Nov 7-Dec 19	9:10-10am	7/\$81

Isabel Morales

126803	F	Sep 20-Nov 1	2-2:50pm	7/\$81
126804	F	Nov 8-Dec 13	2-2:50pm	6/\$69

BODY SHOP ♥

Improve your muscle activation and endurance in this functional group fitness class. Challenge yourself while you focus on technique, core stamina, agility, and flexibility. Late registrations accepted and will be pro-rated.

SAANICH COMMONWEALTH PLACE

Tyler Zawacki

123549	F	Sep 20-Nov 1	7:30-8:30am	7/\$65
123667	F	Nov 8-Dec 20	7:30-8:30am	7/\$65

PROSPECT LAKE COMMUNITY HALL

5X PASS AVAILABLE for \$60 PURCHASE AT SCP ONLY

Jennifer Ablack

122764	M	Sep 16-Oct 28	9-10am	5/\$47
122889	M	Nov 4-Dec 16	9-10am	6/\$56

Donna Renaud

122765	W	Sep 18-Oct 30	9-10am	7/\$65
122890	W	Nov 6-Dec 18	9-10am	7/\$65

BODY WORKS ♥

Build a body that works better in this great new group exercise class. Using a variety of equipment and body weight exercises, this class will strengthen your whole body while focusing on form, core strength, balance, stability and mobility. Options provided for all levels.

SAANICH COMMONWEALTH PLACE

Donna Renaud

122766	Su	Sep 22-Nov 3	11:45am-12:45pm	7/\$65
122891	Su	Nov 17-Dec 15	11:45am-12:45pm	5/\$47

BOXING ♥

Punch-up your fitness routine! Learn boxing techniques and conditioning drills, while getting a full body workout. We focus on proper form and technique, ensuring you improve muscle memory, coordination, strength, balance and endurance and decrease your risk of injury. Taught by a real boxing coach, this fun, exciting workout will get you the results you're looking for.

SAANICH COMMONWEALTH PLACE

Don Ouelette

122811	M	Sep 16-Oct 28	7:45-8:45pm	5/\$54
122901	M	Nov 4-Dec 9	7:45-8:45pm	5/\$54
122771	F	Sep 20-Nov 1	6-7pm	7/\$76
122772	F	Nov 8-Dec 6	6-7pm	5/\$54

50YRS+ OLDER ADULT FRIENDLY

122768	Su	Sep 22-Nov 3	8:15-9:15am	7/\$76
122769	Su	Nov 17-Dec 8	8:15-9:15am	4/\$43

CHRONIC PAIN/MILD MOVEMENT CLASS ♥ ♿

OLDER ADULT FRIENDLY

A safe mild exercise class for people living with chronic pain, fibromyalgia or for people looking for a gentle class. Ideal for those who are already mildly active. Chair exercises provided as alternatives.

SAANICH COMMONWEALTH PLACE

Diana Lewall

122791	Tu	Sep 17-Oct 29	11:30am-12:30pm	7/\$65
122792	Th	Sep 19-Oct 31	11:30am-12:30pm	7/\$65
122894	Tu	Nov 5-Dec 17	11:30am-12:30pm	7/\$65
122895	Th	Nov 7-Dec 19	11:30am-12:30pm	7/\$65

CIRCUIT TRAINING - SMALL GROUP 50yrs+ ♥

OLDER ADULT FRIENDLY

Circuit training is an efficient method of improving your cardio, strength and endurance. This program is suitable for individuals with minor musculoskeletal issues who need to be active at their own pace. Extra stretching is offered at the end of sessions.

SAANICH COMMONWEALTH PLACE

Tyler Zawacki

123274	M	Sep 9-Oct 28	10:15-11:15am	6/\$75
123275	M	Nov 4-Dec 16	10:15-11:15am	6/\$75
123276	W	Sep 4-Oct 30	10:15-11:15am	9/\$113
123277	W	Nov 6-Dec 18	10:15-11:15am	7/\$88

HOW TO REGISTER

ONLINE at Saanich.ca/Recreation
PHONE 250-475-7600
IN PERSON at any of our
4 Recreation Centres



EASY FIT ♥ ♿

OLDER ADULT FRIENDLY

Ease slowly and safely back into a gentle fitness routine. This class focuses on gradually improving your ability to move as the fitness instructor leads the class through easy strengthening and balance-building exercises. Includes 20+ minutes of standing exercises. Build confidence and become more fit in this supportive class.

SAANICH COMMONWEALTH PLACE

Catherine Hollett

122793 Tu Sep 17-Oct 29 1:15-2:15pm 7/\$46

122896 Tu Nov 5-Dec 17 1:15-2:15pm 7/\$46

FIT AND IMPROVED ♥♥

Let our qualified trainers help you meet your individual fitness goals! Improve your body composition, muscular strength, flexibility and more. We'll track your progress to facilitate your best results. This is a small group class with 4:1 ratio, includes 10x SCP weight room pass, valid for duration of the program.

SAANICH COMMONWEALTH PLACE

Sam McColl

123558 M,W Sep 4-Oct 30 8:50-9:50pm 15/\$225

123657 M,W Nov 4-Dec 18 8:50-9:50pm 13/\$195

FLEX AND FLOW ♥♥

Stretch, strengthen and stabilize your entire body in an invigorating muscle conditioning workout. A combination of yoga, Pilates, strength and flexibility exercises.

SAANICH COMMONWEALTH PLACE

Rachel Houle

122775 W Oct 2-Oct 30 8-8:50am 5/\$47

122897 W Nov 6-Dec 18 8-8:50am 7/\$65

FLEXIBILITY AND CORE ♥ OLDER ADULT FRIENDLY

A fun fusion of stretch, balance and Pilates-inspired exercises, this rejuvenating class inspires the mind-body connection. Strengthen, lengthen, and stretch your whole body as you improve posture and build a strong, stable core. This flow-style class welcomes all levels.

SAANICH COMMONWEALTH PLACE

Wanda Hanna

122795 Tu Sep 17-Oct 29 5:45-6:40pm 7/\$65

122880 Tu Nov 5-Dec 17 5:45-6:40pm 7/\$65

FULL BODY WORKOUT (VIRTUAL) ♥

OLDER ADULT FRIENDLY

This full body workout includes an eclectic mix of cardio, strength, balance, core, and stretch and is offered in a virtual format. Participate from home with just a mat, dumbbells (optional) and yourself! Beginners to advanced welcome.

VIA ZOOM

Janna Reimer

122777 Su Oct 6-27 9:15-10:15am 4/\$27

122898 Su Nov 3-24 9:15-10:15am 4/\$27

122899 Su Dec 1-22 9:15-10:15am 4/\$27

GETTING STARTED WITH EXERCISE 50yrs+ ♥

(FORMERLY EXERCISE INTRO 50+)

OLDER ADULT FRIENDLY

Gain a personalized introduction to the exercise facilities, services and classes that best suit your interests and goals in this one-time session. Participants receive a list of basic home exercises to get started, as well as programs offered in Saanich that promote exercise in an inclusive setting. Registration required.

SAANICH COMMONWEALTH PLACE

Anne Casey

Fridays 1:15-2pm FREE

Call 250-475-7600 to register

HIPS, CORE AND PELVIC FLOOR ♥

In this therapeutic series, we'll explore the relationship between body, breath, and nervous system and the surrounding areas that support the pelvic floor. Through yoga-based movement we'll begin to release, relax, build strength and resilience. This class is gentle and inclusive, for all bodies wanting to enhance their pelvic floor health.

SAANICH COMMONWEALTH PLACE

Tamara Cleaver

123197 M Sep 16-Nov 4 12:45-2pm 6/\$87

123198 M Nov 18-Dec 16 12:45-2pm 5/\$72

KICKBOXING / BOXING CORE ♥♥

While often neglected, core conditioning is essential for martial arts. A strong core transcends sports, and improves your every day life. While this workout is designed to compliment Saanich Commonwealth Place's kickboxing and boxing classes, it's open to anyone wanting to improve their core conditioning.

SAANICH COMMONWEALTH PLACE

Don Ouelette

122809 M Sep 16-Oct 28 8:45-9:15pm 5/\$27

122903 M Nov 4-Dec 9 8:45-9:15pm 5/\$27

122805 W Sep 18-Oct 30 8:45-9:15pm 7/\$38

122904 W Nov 6-Dec 11 8:45-9:15pm 6/\$33

KICKBOXING ♥♥

This fast-paced, fun, safe, empowering introductory kickboxing program will have your fists, feet and heart pumping like you never thought possible. Learn basic kickboxing techniques and conditioning drills to increase power, speed and agility

SAANICH COMMONWEALTH PLACE

Don Ouelette

122778 W Sep 18-Oct 30 7:45-8:45pm 7/\$76

122902 W Nov 6-Dec 11 7:45-8:45pm 6/\$65

MOVING BEYOND CANCER ♥ ♿ OLDER ADULT FRIENDLY

Exercise has been proven to improve symptoms related to cancer at every stage of treatment and recovery. Two weekly group fitness classes will empower you to feel your best while improving your strength, cardio, balance, and flexibility in a supportive community environment. Modifications will be shown.

SAANICH COMMONWEALTH PLACE

Anne Casey

122797 M,W Sep 23-Dec 18 12:45-1:45pm 23/\$150

PILATES PLUS – LEVEL 1 ♥

A scientific-based practice that features a strong clinical education component, facilitated by Joan Buna. Emphasis on the layers of the core, breathing and biomechanical alignments that reduce tension and influence patterns in the body. A simple but effective class to help you achieve a healthy lifestyle. No experience necessary.

SAANICH COMMONWEALTH PLACE

Joan Buna

122555 M Sep 16-Nov 4 5:10-6:10pm 6/\$69

122556 M Nov 18-Dec 16 5:10-6:10pm 5/\$58

SPORTS - INDOOR BIKE TRAINING ♥♥

Looking to build fitness and have fun? Led by certified cycling and triathlon coaches, these progressive workouts will improve your outdoor cycling, racing or recreational. Thursday night sessions include an optional run after the ride. All abilities welcome. Must supply bike and stationary trainer (some trainers are available to borrow).

SAANICH COMMONWEALTH PLACE

Paul Regensburg - Pinnacle Fitness

123827 Tu,Th Sep 17-Dec 19 6-7:15pm 28/\$299

TUESDAYS ONLY

123822 Tu Sep 17-Dec 17 6-7:15pm 14/\$169

THURSDAYS ONLY

123826 Th Sep 19-Dec 19 6-7:15pm 14/\$169

STRENGTH AND CONDITIONING 50yrs+ ♥

OLDER ADULT FRIENDLY

This class offers a variety of strength exercises and functional movement patterns specially designed for active individuals. Sessions incorporate balls, bands, weighted bars and dumbbells.

SAANICH COMMONWEALTH PLACE

Jan Del Mistro

Moderate to high Aerobic style class

123552 Th Sep 19-Oct 31 2-3pm 7/\$65

123612 Th Nov 7-Dec 19 2-3pm 7/\$65

Tyler Zawacki

Low paced, high intensity class that improves functional movements

123553 Tu Sep 17-Oct 29 2-3pm 7/\$65

123593 Tu Nov 5-Dec 17 2-3pm 7/\$65

STRENGTH AND CORE ♥♥

Sweat and sculpt your way to a strong core and leave feeling strong and centered. This class focuses on strengthening all the muscles of your core, including the abdominals, back, hips, and glutes.

SAANICH COMMONWEALTH PLACE

Jennifer Ablack

122799 W Sep 18-Oct 30 9am-10am 7/\$65

122906 W Nov 6-Dec 18 9am-10am 7/\$65

STRENGTH CIRCUIT - SMALL GROUP ♥♥

This circuit class uses weights and strength equipment to focus on improving your strength, mobility, and power. The small group format of six participants allows for more individual coaching to better suit your individual needs. This class does not occur in the weight room.

SAANICH COMMONWEALTH PLACE

Rachel Houle

123559 M Oct 7-28 6:30-7:15pm 3/\$38

123704 M Nov 4-Dec 16 6:30-7:15pm 6/\$75

WOMEN'S ONLY

123560 M Oct 7-28 5:30-6:20pm 3/\$38

123706 M Nov 4-Dec 16 5:30-6:20pm 6/\$75

STRETCH AND STRENGTH ♥♥ OLDER ADULT FRIENDLY

Stretch, strengthen and increase your core stability using hand weights, stability balls, tubing, balance boards and body bars. This class is designed for the already active 50+ participant who can get up and down to the floor safely.

SAANICH COMMONWEALTH PLACE

Pam Glover

122781 M Sep 16-Oct 28 11:30am-12:30pm 5/\$47

122907 M Nov 4-Dec 16 11:30am-12:30pm 6/\$56

Pat Rhodes

122782 W Sep 18-Oct 30 11:30am-12:30pm 7/\$65

122908 W Nov 6-Dec 18 11:30am-12:30pm 7/\$65

Wanda Hanna

122783 F Sep 20-Nov 1 11:30am-12:30pm 7/\$65

122909 F Nov 8-Dec 13 11:30am-12:30pm 6/\$56

SWIMFIT

SwimFit is a basic stroke improvement session that is ideal for novice or intermediate swimmers who would like to improve their technique and fitness. If you can swim 50 meters, we can do the rest. A great start for those who would like to complete a triathlon. Designed and led by experienced coaches.

SAANICH COMMONWEALTH PLACE

Paul Regensburg - Pinnacle Fitness

123811 M,W Sep 16-Dec 18 10:45am-12pm 28/\$319

SWIMFIT PLUS

Swim your best this year! All levels of swimmers are welcome. Become a better swimmer - this is the best place to do it! Based on a structured swim progression and includes stroke improvement. Great for master swimmers, triathlon or just for fitness! Designed and lead by certified coaches.

SAANICH COMMONWEALTH PLACE

[Paul Regensburg - Pinnacle Fitness](#)

123812	M,W,F	Sep 16-Dec 20	12-1pm	42/\$419
123820	M	Sep 16-Dec 16	7:45-8:45pm	11/\$139
123816	Tu,Th	Sep 17-Dec 19	7:45-8:45pm	28/\$319
123813	Tu,Th	Sep 17-Dec 19	12-1pm	28/\$319

TOTAL BODY WORKOUT ♥♥

Join these fun total-body shaping workouts to increase your strength, elevate your cardio, and build your core, endurance and flexibility! Be prepared to work hard and be challenged in a noncompetitive environment.

SAANICH COMMONWEALTH PLACE

[Rachel Houle](#)

122784	M	Oct 7-28	7:30-8:30pm	3/\$28
122912	M	Nov 4-Dec 16	7:30-8:30pm	6/\$56

[Ann Bookman](#)

122800	Tu	Sep 17-Oct 29	9:10-10am	7/\$65
122913	Tu	Nov 5-Dec 17	9:10-10am	7/\$65

[Instructor TBD](#)

122801	F	Sep 20-Nov 1	9:10-10:10am	7/\$65
122914	F	Nov 8-Dec 13	9:10-10:10am	6/\$56

TRX SUSPENSION TRAINING WORKOUT ♥♥

TRX Suspension Training is a bodyweight resistance system that is easily modified for all fitness levels. This program provides total-body strengthening in an innovative and fun format. Options provided for all levels.

SAANICH COMMONWEALTH PLACE

[Ann Bookman/Donna Renaud](#)

122802	F	Sep 20-Nov 1	10:30-11:20am	7/\$77
122911	F	Nov 8-Dec 13	10:30-11:20am	6/\$66

WORKSHOPS

BCRPA WEIGHT TRAINING 16yrs+

Are you interested in a career in the weight room? Learn to instruct safe and effective resistance training programs. Topics include exercise techniques, training principles, and exercise analysis. Students provide their own manuals, available from CFES, cost \$74.80. Additional fees apply for BCRPA exams and professional registration. Prerequisite: Fitness Theory course.

SAANICH COMMONWEALTH PLACE

[Melissa Clarke](#)

122790	Sa,Su	Oct 19-20	9am-6pm	2/\$349
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FUNCTIONAL ANATOMY OF THE UPPER BODY

Mastering functional anatomy can improve exercise analysis, selection, technique, and instructional cueing. This workshop will review structural anatomy of upper body muscles and joints (including the scapula, shoulder, and elbow), along with application to analyzing various strength and flexibility exercises.

SAANICH COMMONWEALTH PLACE

[Melissa Clarke](#)

122796	Su	Sep 22	1:30-3:30pm	\$35
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YOGA

YOGA - BEND IT LIKE PECKHAM ♥

The essence of yoga practice is balance in our lives and being present to the moment. Designed for those with some experience, this practice covers standing poses, leg stretches, simple backbends, hip openers, spinal twists, and restorative poses. Breath awareness and deep relaxation are also emphasized. Evening classes are gentle but students need to be able to get up and down from the floor.

SAANICH COMMONWEALTH PLACE

[Mary Elizabeth Peckham](#)

GENTLE ♥

123101	W	Sep 18-Oct 30	5:15-6:30pm	7/\$101
123105	W	Nov 6-Dec 18	5:15-6:30pm	7/\$101

INTERMEDIATE ♥♥ (some yoga experience required)

123106	W	Sep 18-Oct 30	11am-12:30pm	7/\$121
123114	W	Nov 6-Dec 18	11am-12:30pm	7/\$121

YOGA - IYENGAR - ALL LEVELS ♥♥

Active and challenging in a good way, this class helps reduce stress and improve posture, breath function, and self awareness. With the use of props and a focus on alignment, Iyengar yoga can be adapted for all bodies. However, please be aware that this program is not appropriate for students with serious physical limitations.

SAANICH COMMONWEALTH PLACE

[Ty Chandler](#)

122587	Th	Sep 19-Oct 31	5-6:15pm	7/\$101
122588	Th	Nov 7-Dec 12	5-6:15pm	6/\$87

YOGA - SLOW FLOW ♥

This slower-paced flow class allows time to explore the postures while improving strength, flexibility, balance and calm. Starting with a gentle warm up and moving into a slower flow, we'll hold some poses longer. Feel your body energize with movement, concluding in total relaxation with savasana.

SAANICH COMMONWEALTH PLACE

[Rena Sinstadt](#)

123092	Tu	Sep 17-Oct 29	3:45-4:45pm	7/\$81
123093	Tu	Nov 5-Dec 17	3:45-4:45pm	7/\$81

YOGA - YIN ♥

Yin yoga consists of long-held floor postures that focus primarily on the connective tissues of the hips, spine and legs. Join us for this quiet, yet energetically powerful practice to release tension and increase flexibility. All levels welcome, no experience necessary.

SAANICH COMMONWEALTH PLACE

[Chandler McMurray-Ives](#)

123282 M Sep 16-Oct 28 7:30-8:45pm 5/\$72
123283 M Nov 4-Dec 16 7:30-8:45pm 6/\$87

YOGA - STRENGTH AND EASE ♥ OLDER ADULT FRIENDLY

Create a strong practice that promotes subtlety over force. This all-levels class offers modifications to intelligently activate your alignment, making your poses efficient and effective. Students should be able to get up and down from the floor easily for this class. Yogis will focus on breath, asana, and meditation to support a lifelong practice.

SAANICH COMMONWEALTH PLACE

[Kelly Urquhart](#)

123341 Tu Sep 17-Oct 29 10:15-11:30am 7/\$101
123342 Tu Nov 12-Dec 17 10:15-11:30am 6/\$87
123343 F Sep 20-Oct 25 11:45am-1pm 6/\$87
123344 F Nov 15-Dec 20 11:45am-1pm 6/\$87

YOGA AND MOBILITY 55yrs+ ♥ OLDER ADULT FRIENDLY

Gentle Hatha yoga combined with creative somatic movements encourages and enhances mobility. We'll explore balance and range of motion while building strength to move with ease. Students should be able to get up and down from the floor easily. Meditation and relaxation techniques will be offered.

SAANICH COMMONWEALTH PLACE

[Kelly Urquhart](#)

122561 Tu Sep 17-Oct 29 11:45am-1pm 7/\$101
122563 Tu Nov 12-Dec 17 11:45am-1pm 6/\$87
123665 Th Sep 19-Oct 31 2-3:15pm 7/\$101
123668 Th Nov 14-Dec 19 2-3:15pm 6/\$87

YOGA FLOW ♥

Experience a mindful class that begins by uniting breath, mind, and movement. The practice gracefully transitions from one pose to another, creating fluid movement sequences, culminating in a serene relaxation during savasana.

CORDOVA BAY 55 PLUS ASSOCIATION

[Tessa Rae Hartwig](#)

119725 M Sep 9-Oct 28 5:30-6:45pm 6/\$83
119856 M Nov 4-Dec 16 5:30-6:45pm 6/\$83

SAANICH COMMONWEALTH PLACE

[Andrea Ting-Luz \(formerly Empower Flow\)](#)

123193 Tu Sep 17-Oct 29 5-6:10pm 7/\$101
123194 Tu Nov 5-Dec 17 5-6:10pm 7/\$101

[Julia Vosburgh \(formerly Evening Flow\)](#)

122569 W Sep 18-Oct 30 7:15-8:15pm 7/\$81
122570 W Nov 6-Dec 18 7:15-8:15pm 7/\$81

YOGA - POWER YOGA ♥♥♥

Power yoga is a dynamic and fast-paced style of yoga that focuses on building strength and endurance. It's a great way to challenge yourself with a full-body workout while also improving your core strength, flexibility and balance.

SAANICH COMMONWEALTH PLACE

[Talia Boughton](#)

125525 Su Sep 22-Nov 3 12:15-1:15pm 7/\$81
125526 Su Nov 17-Dec 15 12:15-1:15pm 5/\$58

YOGA PILATES FUSION ♥♥

A powerful fusion of yoga, Pilates, and traditional fitness training that enhances strength, muscle definition, flexibility, and balance. The incorporation of breath control into seamless sequences promotes calorie burning and enhances overall mind-body wellness.

SAANICH COMMONWEALTH PLACE

[Talia Boughton \(formerly Yogalates\)](#)

122785 Su Sep 22-Nov 3 11am-12pm 7/\$81
122910 Su Nov 17-Dec 15 11am-12pm 5/\$58

YOGA PRENATAL AND BIRTH PREPARATION ♥

Deepen your connection with body, breath, heart and baby, and feel more mentally prepared and empowered to give birth. Learn gentle movements, guided meditation and breathing practices to ease discomfort. We value each person's journey; all pregnant folks are welcome. No yoga experience is necessary. Modifications offered for all stages. Taught by an experienced doula and birth educator.

SAANICH COMMONWEALTH PLACE

[Tamara Cleaver](#)

123207 M Sep 16-Nov 4 9-10:15am 6/\$87
123208 M Nov 18-Dec 16 9-10:15am 5/\$72

ZUMBA FITNESS® ♥♥

Zumba fitness classes take the work out of working out by combining amazing, irresistible Latin and international music with dynamic, yet simple exercise moves. Even if you have two left feet, you'll love attending Zumba fitness classes.

SAANICH COMMONWEALTH PLACE

[Samantha Avis](#)

122786 Th Sep 19-Oct 31 10:30-11:30am 7/\$88
122787 Th Nov 7-Dec 19 10:30-11:30am 7/\$88