

# HEALTH & FITNESS PROGRAMS

# SPRING 2025



## 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

<b>FULL</b>	M	Mar 3-Apr 28	2:15-3:15pm	7/\$65
126901	M	May 5-Jun 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.

### SAANICH COMMONWEALTH PLACE

Justina Bailey

<b>FULL</b>	Th	Mar 6-May 1	9:15-10:15am	8/\$120
127818	Th	May 8-Jun 19	9:15-10:15am	7/\$105

### INTRO LEVEL

#### WESTCOAST ACADEMY FOR THE PERFORMING ARTS

Justina Bailey

131213	Tu	Mar 4-Apr 29	1:30-2:30pm	8/\$120
131214	Tu	May 6-Jun 24	1:30-2:30pm	8/\$120

## AQUA STRENGTH AND STRETCH ♥ OLDER ADULT FRIENDLY

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

130614	Tu	Mar 4-Apr 29	10-11am	9/\$84
130615	Th	Mar 6-May 1	10-11am	9/\$84
130616	Tu	May 6-Jun 24	10-11am	8/\$74
130617	Th	May 8-Jun 26	10-11am	8/\$74

## 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

130623	W	Mar 5-Apr 23	7:15-8:15pm	8/\$100
130624	F	Mar 14-Apr 25	6-7pm	6/\$75
130625	W	Apr 30-Jun 25	7:15-8:15pm	9/\$113
130626	F	May 2-Jun 27	6-7pm	9/\$113

## HOW TO REGISTER

**ONLINE** at [Saanich.ca/Recreation](http://Saanich.ca/Recreation)

**PHONE** 250-475-7600

**IN PERSON** at any of our 4 Recreation Centres



## SUMMER 2025

Activity Guide online March 26

[Saanich.ca/summer](http://Saanich.ca/summer)

Registration opens April 9 at 6:00 am



### 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

## 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 18 months.

### SAANICH COMMONWEALTH PLACE

[Karen Bogle](#)

130619 W Mar 5-Apr 23 11-11:45am 8/\$74  
130620 W Apr 30-Jun 25 11-11:45am 9/\$84

## BABY AND ME CORE AND 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](#)

126823 Th Mar 6-May 1 11:45am-12:30pm 8/\$84  
126922 Th May 8-Jun 19 11:45am-12:30pm 7/\$65

## BALANCE AND STRENGTH ♥ OLDER ADULT FRIENDLY

These strength-based exercises on and around the chair help improve your balance, coordination and stability so you can enjoy your regular activities without fear of falling or injury.

### SAANICH COMMONWEALTH PLACE

[Anne Casey](#)

126825 F Mar 7-May 2 1:15-2:15pm 7/\$65  
126928 F May 9-Jun 20 1:15-2:15pm 7/\$65

## BALANCE BOOSTER® 45+yrs ♥ OLDER ADULT FRIENDLY

This class blends strength exercises, brain fitness, and body awareness training. The focus is on fall prevention and staying 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](#)

**FULL** Tu Mar 4-Apr 29 1-1:50pm 9/\$84  
126907 Tu May 6-Jun 17 1-1:50pm 7/\$65  
134259 Th Mar 6-May 1 1-1:50pm 9/\$84  
134260 Th May 8-Jun 19 1-1:50pm 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](#)

126841 Su Mar 9-May 4 11:45am-12:45pm 9/\$84  
126933 Su May 11-Jun 15 11:45am-12:45pm 6/\$56

## 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. 5x pass available, cost: \$65. Purchase at SCP only.

### PROSPECT LAKE COMMUNITY HALL

[Jennifer Ablack](#)

126838 M Mar 3-Apr 28 9-10am 8/\$74  
126898 M May 5-Jun 16 9-10am 6/\$56

[Donna Renaud](#)

126839 W Mar 5-Apr 30 9-10am 9/\$84  
126912 W May 7-Jun 18 9-10am 7/\$65

### SAANICH COMMONWEALTH PLACE

[Wanda Hanna](#)

129791 F Mar 7-May 2 7:30-8:30am 8/\$74  
129792 F May 9-Jun 27 7:30-8:30am 8/\$74

## 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](#)

126847 M Mar 3-Apr 28 7:45-8:45pm 7/\$76  
126845 F Mar 7-May 2 5:45-7pm 7/\$95  
126846 M May 5-Jun 16 7:45-8:45pm 6/\$65  
126929 F May 9-Jun 20 5:45-7pm 7/\$95

## 50yrs+ OLDER ADULT FRIENDLY

### SAANICH COMMONWEALTH PLACE

[Don Ouelette](#)

126843 Su Mar 9-Apr 27 8:10-9:10am 8/\$86  
126930 Su May 11-Jun 15 8:10-9:10am 6/\$65

## BUILD BETTER BONES ♥ OLDER ADULT FRIENDLY

Develop and maintain bone strength while working on fall prevention and reducing the risk of fractures through core strength training, balance exercises, and proper posture.

### SAANICH COMMONWEALTH PLACE

[Anne Casey](#)

**FULL** M Mar 3-Apr 28 2-3pm 8/\$74  
126851 W Mar 5-Apr 30 2-3pm 9/\$84  
126900 M May 5-Jun 16 2-3pm 6/\$56  
126915 W May 7-Jun 18 2-3pm 7/\$65

## CARDIO KICK ♥♥

Have fun while crushing calories in this light-hearted, medium to high-intensity total-body workout. This class focuses on conditioning and strength through kickboxing style exercises and pad drills.

### ROYAL OAK MIDDLE SCHOOL

Deb Choo

128342 W Apr 2-Jun 18 7:30-8:30pm 10/\$100

## 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

126854 T Mar 4-Apr 29 11:30am-12:30pm 9/\$84

126855 Th Mar 6-May 1 11:30am-12:30pm 9/\$84

126906 T May 6-Jun 17 11:30am-12:30pm 7/\$65

126921 Th May 8-Jun 19 11:30am-12:30pm 7/\$65

## CIRCUIT TRAINING - SMALL GROUP ♥

Circuit training is an efficient method of improving your cardio, strength and endurance. This program is suitable for all levels, as progressions and regressions for all exercises will be taught.

### SAANICH COMMONWEALTH PLACE

Tyson Roe

135388 Su Mar 2-Apr 27 9-10am 9/\$113

130459 Su Mar 2-Apr 27 10-11am 9/\$113

135389 Su May 4-Jun 22 9-10am 8/\$100

130461 Su May 4-Jun 22 10-11am 8/\$100

## 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

Shannon Kirk

**FULL** M Mar 3-Apr 28 10:15-11:15am 8/\$100

**FULL** W Mar 5-Apr 30 10:15-11:15am 9/\$113

**FULL** M May 5-Jun 23 10:15-11:15am 7/\$88

**FULL** W May 7-Jun 25 10:15-11:15am 8/\$100

## 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

126857 Tu Mar 4-Apr 29 1:15-2:15pm 8/\$52

126908 Tu May 6-Jun 17 1:15-2:15pm 7/\$46

## FIT AND IMPROVED ♥♥ OLDER ADULT FRIENDLY

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

Nina Baumbach

**FULL** M,W Mar 3-Apr 30 6:30-7:30pm 17/\$255

**FULL** M,W Mar 3-Apr 30 7:45-8:45pm 17/\$255

130468 M,W Mar 3-Apr 30 8:50-9:50pm 17/\$255

**FULL** M,W May 5-Jun 25 6:30-7:30pm 15/\$225

**FULL** M,W May 5-Jun 25 7:45-8:45pm 15/\$225

130469 M,W May 5-Jun 25 8:50-9:50pm 15/\$225

## 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

126859 W Mar 5-Apr 30 8-8:50am 9/\$84

126936 W May 7-Jun 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

126861 Tu Mar 4-Apr 29 5:45-6:40pm 9/\$84

126909 Tu May 6-Jun 17 5:45-6:40pm 7/\$65

### INTENSITY LEVEL GUIDE

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♥♥ Suitable for participants ready to improve technique and increase intensity while still emphasizing proper form. Best suited for individuals who are already active.

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OPTION OF EXERCISING WHILE SEATED

## 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

126864	Su	Mar 2-Mar 30	9:15-10:15am	5/\$34
126865	Su	Apr 6-Apr 27	9:15-10:15am	4/\$27
126896	Su	May 4-May 25	9:15-10:15am	4/\$27
126937	Su	Jun 1-Jun 29	9:15-10:15am	5/\$34

## GETTING STARTED WITH EXERCISE 50yrs+ ♥

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.

### SAANICH COMMONWEALTH PLACE

Fridays 2:30-3:15pm FREE

## 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

127753	M	Mar 31-Jun 16	12:45-2pm	10/\$144
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## INDOOR ROWING ♥♥

Join Trish to improve your fitness and have fun with classes on the Concept II rowing ergometer. Small class for individual attention on proper rowing form along with a complete aerobic interval workout. All levels and ages welcomed.

### SAANICH COMMONWEALTH PLACE

Trish Mara

<b>FULL</b>	Sa	Mar 1-Apr 26	11:30am-12:30pm	9/\$117
<b>FULL</b>	M	Mar 3-Apr 28	5:30-6:30pm	8/\$104
130477	Sa	May 3-Jun 28	11:30am-12:30pm	9/\$117
<b>FULL</b>	M	May 5-Jun 23	5:30-6:30pm	7/\$91

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**ONLINE** at [Saanich.ca/Recreation](http://Saanich.ca/Recreation)

**PHONE** 250-475-7600

**IN PERSON** at any of our  
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## 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

126868	W	Mar 5-Apr 30	7:45-8:45pm	9/\$97
126917	W	May 7-Jun 18	7:45-8:45pm	7/\$76

## 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

126871	M	Mar 3-Apr 28	8:45-9:15pm	8/\$43
126872	W	Mar 5-Apr 30	8:45-9:15pm	9/\$49
126904	M	May 5-Jun 16	8:45-9:15pm	6/\$33
126918	W	May 7-Jun 18	8:45-9:15pm	7/\$38

## MOVING BEYOND CANCER ♥ OLDER ADULT FRIENDLY

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

### SAANICH COMMONWEALTH PLACE

Anne Casey

126873	M,W	Jan 13-Apr 2	12:45-1:45pm	23/\$150
130008	M,W	Apr 7-Jun 18	12:45-1:45pm	20/\$130

## OLDER ADULT NEURODIVERSITY SOCIAL AND MOVEMENT CLASS 55yrs+ ♥ OLDER ADULT FRIENDLY

A fun, welcoming, social and movement class for all older adults including those with diverse neurology, such as mild dementia, Parkinson's or Alzheimer's. Led by an older adult fitness instructor. First-time registrants, please call 250-216-6006 to determine if this program is a good fit for you!

### SAANICH COMMONWEALTH PLACE

JoAnn Gillespie

127661	W	Jan 8-Mar 12	12:30-2:30pm	10/\$100
127684	W	Apr 2-Jun 18	12:30-2:30pm	10/\$100

## 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 bio-mechanical 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

127755	M	Mar 3-Apr 28	5:10-6:10pm	7/\$81
127756	M	May 5-Jun 23	5:10-6:10pm	7/\$81

## PILATES PLUS - ONGOING ♥

This effective next-level program helps you achieve a healthy lifestyle, allowing you to do what you love to do.

### SAANICH COMMONWEALTH PLACE

Joan Buna

127758	M	Mar 3-Apr 28	6:20-7:20pm	7/\$81
127759	M	May 5-Jun 23	6:20-7:20pm	7/\$81

## 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.**

<b>FULL</b>	Th	Mar 6-May 1	2-3pm	9/\$84
130512	Th	May 8-Jun 26	2-3pm	8/\$74

**Low paced, high intensity class that improves functional movement.**

130509	Tu	Mar 4-Apr 29	2-3pm	9/\$84
130510	Tu	May 6-Jun 24	2-3pm	8/\$74

## 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

126877	W	Mar 5-Apr 30	9-10am	8/\$74
126913	W	May 7-Jun 18	9-10am	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

#### WOMEN'S ONLY

<b>FULL</b>	M	Mar 3-Apr 28	5:30-6:20pm	8/\$100
130598	M	May 5-Jun 23	5:30-6:20pm	7/\$88

#### ALL

<b>FULL</b>	M	Mar 3-Apr 28	6:30-7:15pm	8/\$100
130596	M	May 5-Jun 23	6:30-7:15pm	7/\$88

## 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 metres, 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

130208	M,W	Mar 3-Apr 30	10:45am-12pm	18/\$209
130214	M,W	May 5-Jun 25	10:45am-12pm	16/\$189

## SWIMFIT PLUS

Swim your best this year! All levels of swimmers are welcome. Based on a structured swim progression and includes stroke improvement. Great for masters swimmers, triathletes, or just for fitness! Designed and led by certified coaches.

### SAANICH COMMONWEALTH PLACE

Paul Regensburg - Pinnacle Fitness

130209	M,W,F	Mar 31-Jun 27	12-1pm	39/\$389
130212	M	Mar 31-Jun 23	7:45-8:45pm	11/\$139
130211	Tu,Th	Apr 1-Jun 26	7:45-8:45pm	26/\$299
130210	Tu,Th	Apr 1-Jun 26	12-1pm	26/\$299
130216	Tu,Th	Apr 1-Jun 26	10:45am-12pm	26/\$299

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OPTION OF EXERCISING WHILE SEATED

## 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

**FULL** M Mar 3-Apr 28 7:30-8:30pm 16/\$74  
126938 M May 5-Jun 16 7:30-8:30pm 12/\$56

Ann Bookman

**FULL** Tu Mar 4-Apr 29 9:10-10am 9/\$84  
**FULL** Tu May 6-Jun 17 9:10-10am 7/\$65

Jan Del Mistro

**FULL** F May 9-Jun 20 9:10-10:10am 7/\$65  
126889 F Mar 7-May 2 9:10-10:10am 8/\$74

## 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 B/Donna R

126891 F Mar 7-May 2 10:30-11:20am 7/\$77  
126925 F May 9-Jun 20 10:30-11:20am 7/\$77

## WEIGHT TRAINING - SMALL GROUP 50yrs+ ♥

OLDER ADULT FRIENDLY

In this small group format you'll learn proper techniques for strength training in the weight room, including safely improving your core, stamina, and flexibility. Suitable for all levels. (Max of 6:1 ratio).

### SAANICH COMMONWEALTH PLACE

Shannon Kirk

**FULL** Tu Mar 4-Apr 29 11am-12pm 9/\$113  
130480 Tu May 6-Jun 24 11am-12pm 8/\$100

Trevor Beck

**FULL** Th Mar 6-May 1 11am-12pm 9/\$113  
130483 Th May 8-Jun 26 11am-12pm 8/\$100

Brian MacDonald

**FULL** F Mar 7-May 2 10:15-11:15am 8/\$100  
**FULL** F May 9-Jun 27 10:15-11:15am 8/\$100

## YOGA

## YOGA - CHAIR YOGA ♥ ♿ OLDER ADULT FRIENDLY

With emphasis on the breath, practice full-body movements for strength, balance and mobility. Experience the benefits of yoga including feeling calmer and more focused, increased flexibility, better balance and overall vitality.

### SAANICH COMMONWEALTH PLACE

Rena Sinstadt

128894 W Apr 2-Apr 30 1-1:45pm 5/\$43  
128895 W May 7-Jun 18 1-1:45pm 7/\$61

## 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 and welcome all levels.

### SAANICH COMMONWEALTH PLACE

Mary Elizabeth Peckham

#### GENTLE ♥

127761 W Mar 5-Apr 30 5:15-6:30pm 8/\$11  
127762 W May 7-Jun 18 5:15-6:30pm 7/\$102

#### INTERMEDIATE ♥♥

127764 W Mar 5-Apr 30 11am-12:30pm 8/\$138  
127765 W May 7-Jun 18 11am-12:30pm 7/\$121

## 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.

### SAANICH COMMONWEALTH PLACE

Julia Vosburgh

131175 W Mar 5-Apr 30 7:15-8:15pm 8/\$92  
131176 W May 7-Jun 18 7:15-8:15pm 7/\$81

## YOGA - HATHA FLOW ♥

By combining movement and alignment with deep breathing, this practice can improve balance, core strength, flexibility, posture and strength. Great for stress, pain management and building confidence.

### CORDOVA BAY 55 PLUS ASSOCIATION

Tessa Rae Hartwig

128925 M Mar 3-Apr 14 5:30-7pm 7/\$116  
128926 M Apr 28-Jun 16 5:30-7pm 7/\$116

## YOGA - IYENGAR - ALL LEVELS ♥♥

This class is active and challenging in a good way. It is not for students with serious physical limitations. Iyengar yoga can be adapted for all bodies with the use of props and focus on alignment. Learn to reduce stress and to improve your posture, breath function and self-awareness.

### SAANICH COMMONWEALTH PLACE

Ty Chandler

**FULL** Th Mar 27-May 1 5-6:15pm 5/\$72  
128044 Th May 8-Jun 19 5-6:15pm 7/\$101

## HOW TO REGISTER

**ONLINE** at [Saanich.ca/Recreation](http://Saanich.ca/Recreation)

**PHONE** 250-475-7600

**IN PERSON** at any of our  
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## YOGA - POWER ♥♥♥

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

Shannon Kirk

126875 Su Mar 9-May 4 12:15-1:15pm 9/\$104  
126934 Su May 11-Jun 15 12:15-1:15pm 6/\$69

## 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

127894 Tu Apr 4-29 3:45-4:45pm 5/\$58  
127895 Tu May 6-Jun 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 Chandler 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

127783 M Mar 3-Apr 28 7:30-8:45pm 7/\$101  
127784 M May 5-Jun 23 7:30-8:45pm 7/\$101

## YOGA - STRENGTH AND EASE ♥ OLDER ADULT FRIENDLY

Create a strong practice that builds 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

**FULL** Tu Mar 4-Apr 29 10:15-11:30am 8/\$115  
127778 Tu May 6-Jun 17 10:15-11:30am 7/\$101  
127780 F Mar 7-May 2 11:45am-1pm 7/\$101  
127781 F May 9-Jun 20 11:45am-1pm 7/\$101

## YOGA AND MOBILITY FOR 55+ ♥ 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

127800 Tu Mar 4-Apr 29 11:45am-1pm 8/\$115  
127803 Th Mar 6-May 1 2-3:15pm 8/\$115  
127801 Tu May 6-Jun 17 11:45am-1pm 7/\$101  
127804 Th May 8-Jun 19 2-3:15pm 7/\$101

## 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

126893 Su Mar 9-May 4 11-11:50am 9/\$104  
126932 Su May 11-Jun 15 11-11:50am 6/\$69

## 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

126895 Th Mar 6-May 1 10:30-11:30am 8/\$100  
126920 Th May 8-Jun 19 10:30-11:30am 7/\$88



## SUMMER 2025

Activity Guide online March 26

[saanich.ca/summer](https://saanich.ca/summer)

Registration opens April 9 at 6:00 am

