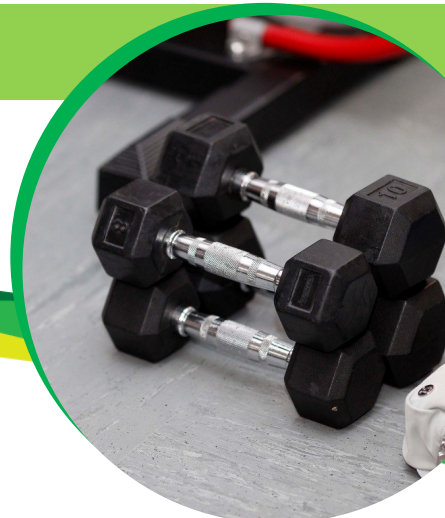


HEALTH & FITNESS PROGRAMS

SUMMER 2024



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](#)

115879 Tu Jul 2-Aug 20 9-10am 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. Drop-in available if space permits: \$12/class

SAANICH COMMONWEALTH PLACE

[Rachel Houle](#)

116543 Th Jul 4-Aug 29 8-8:50am 9/\$74

AQUA ZUMBA ♥

OLDER ADULT FRIENDLY

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 & helps tone your muscles. Drop-in available if space permits: \$15/class

SAANICH COMMONWEALTH PLACE

[Samantha Avis](#)

116540 W Jul 3-Aug 28 7:15-8:15pm 9/\$90

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](#)

115972 Th Jul 4-25 1-1:45pm 4/\$36

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](#)

115961 M Jul 8-29 1-1:50pm 4/\$36

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

115984 W Jul 3-Aug 28 5:30-6:30pm 9/\$102

[Ann Bookman](#)

115985 Th Jul 4-Aug 29 9:10-10am 9/\$102

[Marilyn Wilson](#)

115962 M Jul 8-Aug 26 5:30-6:30pm 7/\$79

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

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](#)

115964	Su	Jul 7-28	11:45am-12:45pm	4/\$36
116034	Su	Aug 4-25	11:45am-12:45pm	4/\$36

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.

PROSPECT LAKE COMMUNITY HALL

[Jennifer Ablack](#)

115963	M	Jul 8-Aug 26	9-10am	7/\$63
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SAANICH COMMONWEALTH PLACE

[Tyler Zawacki](#)

116197	F	Jul 5-Aug 2	7:30-8:30am	5/\$45
116790	F	Aug 9-30	7:30-8:30am	4/\$36

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](#)

115991	M	Jul 8-Aug 26	6:45-7:45pm	7/\$76
115992	F	Jul 5-26	5-6pm	4/\$43
115993	F	Aug 2-30	5-6pm	5/\$54

50YRS+ OLDER ADULT FRIENDLY

115965	Su	Jul 7-28	8:15-9:15am	4/\$43
115994	Su	Aug 4-25	8:15-9:15am	4/\$43

BUILD BETTER BONES ♥

OLDER ADULT FRIENDLY

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

SAANICH COMMONWEALTH PLACE

[Anne Casey](#)

115967	M	Jul 8-Aug 26	2-3pm	7/\$63
115995	W	Jul 3-Aug 28	2-3pm	9/\$81

EXERCISE INTRODUCTION 50YRS+ ♥

OLDER ADULT FRIENDLY

In this one-time small group class, learn basic exercises that help maintain muscle mass, promote bone health and prevent falls. You will receive a description of how to safely do the exercises at home and a list of Saanich programs that promote exercise in a friendly group setting. Call 250-475-7600 to register.

SAANICH COMMONWEALTH PLACE

Fridays 1:15-2pm for May & June only

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 pass, valid for duration of the program.

SAANICH COMMONWEALTH PLACE

[Sam McColl](#)

116201	M,W	Jul 3-Aug 28	6:30-7:30pm	16/\$240
116200	M,W	Jul 3-Aug 28	7:45-8:45pm	16/\$240
119742	M,W	Jul 3-Aug 28	8:50-9:50pm	16/\$240

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.

SAANICH COMMONWEALTH PLACE

[Janna Reimer](#)

107472	Su	Jun 2-30	9:15-10:15am	5/\$34
115969	Su	Jul 7-28	9:15-10:15am	4/\$27
116000	Su	Aug 4-25	9:15-10:15am	4/\$27

FLEX & 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](#)

115968	W	Jul 3-Aug 28	8-8:50am	9/\$81
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KICK BOXING ♥♥

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](#)

115970	W	Jul 3-Aug 28	6:45-7:45pm	9/\$97
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PILATES PLUS - LEVEL 1 ♥

NEW

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

116276 M Jul 8-29 5:30-6:30pm 4/\$44

SHIODA AIKIDO ♥

Learn the basic movements and techniques of Shioda Aikido in a family-friendly club environment. This martial art provides fun, fitness and self-defense training. It promotes learning through partner practice, rather than sparring and competition. Circular movements are used to redirect the body and energy of an attacker. 10 class pass available for those needing schedule flexibility. Adult 10/\$100 or Student 10/\$80.

PROSPECT LAKE COMMUNITY HALL

Island Aikido

115973 Tu Jul 2-Aug 27 7-8:30pm 9/\$90

STRENGTH AND CONDITIONING 50+YRS ♥

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

116203 Th Jul 4-Aug 1 2-3pm 5/\$45

116793 Th Aug 8-29 2-3pm 4/\$36

Tyler Zawacki

116204 Tu Jul 2-30 2-3pm 5/\$45

116794 Tu Aug 6-27 2-3pm 4/\$36

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 6 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

119743 M Jul 8-29 6:30-6:15pm 4/\$47

119744 M Aug 12-26 6:30-6:15pm 3/\$36

WOMEN'S ONLY

119743 M Jul 8-29 5:30-6:15pm 4/\$47

119744 M Aug 12-26 5:30-6:15pm 3/\$36

STRETCH AND STRENGTH 50+YRS ♥♥

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

115975 M Jul 8-Aug 26 11:30am-12:30pm 7/\$63

Pat Rhodes

116011 W Jul 3-Aug 28 11:30am-12:30pm 9/\$81

Wanda Hanna

116012 F Jul 5-Aug 30 11:30am-12:30pm 9/\$81

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

116530 M Jul 8-Aug 26 7:45-8:45pm 7/\$137

116526 Tu,Th Jul 2-Aug 29 12-1pm 18/\$179

116527 Tu,Th Jul 2-Aug 29 7:45-8:45pm 18/\$179

116525 M,W Jul 1-Aug 28 12-1pm 18/\$179

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

115976 M Jul 8-Aug 26 7:15-8:15pm 7/\$63

WEIGHT ROOM ORIENTATION ♥ OLDER ADULT FRIENDLY

Familiarize yourself with our facility and get an overview of the basics of strength training. Safe use of equipment and etiquette are important to us. An orientation is recommended before using the weight room. Youth 13-15 years and Seniors 60+ years are free. Book online or call reception at 250-475-7600 to register.

SAANICH COMMONWEALTH PLACE

Tue 5:30-6:30pm

Wed 5:30-6:30pm

Sun 11:30am-12:30pm

Fri 8:30-9:30am 60yrs+ ONLY

WEIGHT TRAINING - SMALL GROUP 50YRS+ ♥

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

Troy Urlacher

OLDER ADULT FRIENDLY

116213	Tu	Jul 2-30	11am-12pm	5/\$59
116798	Tu	Aug 6-27	11am-12pm	4/\$47
116214	Th	Jul 4-Aug 1	11am-12pm	5/\$59
116799	Th	Aug 8-29	11am-12pm	4/\$47
116215	F	Jul 5-Aug 2	10:15-11:15am	5/\$59
116800	F	Aug 9-30	10:15-11:15am	4/\$47

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

Kelly Urquhart

115980	F	Jul 5-Aug 30	1-2:15pm	8/\$110
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YOGA - GROUNDING ♥

Research shows that grounding has many benefits, including reduced inflammation and pain, better sleep, improved response to trauma, and improved blood flow. Grounding also creates a balancing effect on the autonomic nervous system. This practice will incorporate grounding into your daily routine, with profound benefits on physiological and emotional stress and a normalizing influence on cortisol and tension. Participants must be able to move from standing to mat work and back independently.

SAANICH COMMONWEALTH PLACE

Mary Elizabeth Peckham

115917	W	Jul 3-Aug 14	5:15-6:30pm	7/\$110
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YOGA HATHA ♥

This synchronized practice of breath and movement along with strengthening poses, make Hatha yoga a well rounded approach to promoting both physical and mental health. It's a practice that encourages balance, mindfulness, and a sense of overall well-being.

SAANICH COMMONWEALTH PLACE

Jewel Dubuc

116108	M	Jul 8-Aug 12	7:30-8:30pm	5/\$55
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HOW TO REGISTER

ONLINE at Saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our

4 Recreation Centres



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 Hamelin

105944	M	Jul 8-Aug 26	5:30-6:45pm	6/\$83
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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

115979	Tu	Jul 2-Aug 27	11:30am-12:30pm	8/\$88
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YOGA AND MOBILITY FOR 55yrs+ ♥

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

115982	Tu	Jul 2-Aug 27	12:45-1:45pm	8/\$88
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YOGA PILATES FITNESS FUSION ♥♥

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

SAANICH COMMONWEALTH PLACE

Talia Boughton

116021	Su	Jul 7-21	11am-12pm	3/\$33
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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

115977	F	Jul 5-26	6:15-7:15pm	4/\$48
116014	F	Aug 2-30	6:15-7:15pm	5/\$60