

HEALTH & FITNESS PROGRAMS

WINTER & SPRING



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

126813	M	Jan 6-Feb 24	2:15-3:15pm	7/\$65
126814	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

127814	Th	Jan 9-Feb 27	9:15-10:15am	8/\$120
127816	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

131212	Tu	Jan 7-Feb 25	1:30-2:30pm	8/\$120
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

130612	Tu	Jan 7-Feb 25	10-11am	8/\$74
130613	Th	Jan 9-Feb 27	10-11am	8/\$74
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

130621	F	Jan 24-Feb 28	6-7pm	6/\$75
130622	W	Jan 22-Feb 26	7:15-8:15pm	6/\$75
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

PHONE 250-475-7600

IN PERSON at any of our 4 Recreation Centres



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

130618	W	Jan 8-Feb 26	11-11:45am	8/\$74
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

126822	Th	Jan 9-Feb 27	11:45am-12:30pm	8/\$74
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

126824	F	Jan 10-Feb 28	1:15-2:15pm	8/\$74
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

126826	Tu	Jan 7-Feb 25	1-1:50pm	8/\$74
126827	Tu	Mar 4-Apr 29	1-1:50pm	9/\$84
126907	Tu	May 6-Jun 17	1-1:50pm	7/\$65

HOW TO REGISTER

ONLINE at Saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our 4 Recreation Centres



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

126836	M	Jan 6-Feb 24	9-10am	7/\$65
126838	M	Mar 3-Apr 28	9-10am	8/\$74
126898	M	May 5-Jun 16	9-10am	6/\$56

Donna Renaud

126837	W	Jan 8-Feb 26	9-10am	8/\$74
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

129758	F	Jan 10-Feb 28	7:30-8:30am	8/\$74
129791	F	Mar 7-May 2	7:30-8:30am	8/\$74
129792	F	May 9-Jun 27	7:30-8:30am	8/\$74

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

126840	Su	Jan 12-Mar 2	11:45am-12:45pm	8/\$74
126841	Su	Mar 9-May 4	11:45am-12:45pm	9/\$84
126933	Su	May 11-Jun 15	11:45am-12:45pm	6/\$56

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

126903	M	Jan 6-Feb 24	7:45-8:45pm	7/\$76
126844	F	Jan 10-Feb 28	5:45-7pm	8/\$108
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

126842	Su	Jan 12-Mar 2	8:10-9:10am	8/\$86
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

126848	M	Jan 6-Feb 24	2-3pm	7/\$65
126849	W	Jan 8-Feb 26	2-3pm	8/\$74
126850	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

128341	W	Jan 8-Mar 12	7:30-8:30pm	10/\$100
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

126852	T	Jan 7-Feb 25	11:30am-12:30pm	8/\$74
126853	Th	Jan 9-Feb 27	11:30am-12:30pm	8/\$74
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

129761	Su	Jan 5-Feb 23	10-11am	8/\$100
130459	Su	Mar 2-Apr 27	10-11am	9/\$113
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

129759	M	Jan 6-Feb 24	10:15-11:15am	7/\$88
129760	W	Jan 8-Feb 26	10:15-11:15am	8/\$100
129793	M	Mar 3-Apr 28	10:15-11:15am	8/\$100
129795	W	Mar 5-Apr 30	10:15-11:15am	9/\$113
129794	M	May 5-Jun 23	10:15-11:15am	7/\$88
129796	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

126856	Tu	Jan 7-Feb 25	1:15-2:15pm	8/\$52
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

129763	M,W	Jan 6-Feb 26	6:30-7:30pm	15/\$225
129762	M,W	Jan 6-Feb 26	7:45-8:45pm	15/\$225
130463	M,W	Mar 3-Apr 30	6:30-7:30pm	17/\$255
130465	M,W	Mar 3-Apr 30	7:45-8:45pm	17/\$255
130464	M,W	May 5-Jun 25	6:30-7:30pm	15/\$225
130467	M,W	May 5-Jun 25	7:45-8:45pm	15/\$225

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.

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



OPTION OF EXERCISING WHILE SEATED

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

126858	W	Jan 8-Feb 26	8-8:50am	8/\$74
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

126860	Tu	Jan 7-Feb 25	5:45-6:40pm	8/\$74
126861	Tu	Mar 4-Apr 29	5:45-6:40pm	9/\$84
126909	Tu	May 6-Jun 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

126862	Su	Jan 5-Jan 26	9:15-10:15am	4/\$27
126863	Su	Feb 2-Feb 23	9:15-10:15am	4/\$27
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

HOW TO REGISTER

ONLINE at Saanich.ca/Recreation

PHONE 250-475-7600

IN PERSON at any of our 4 Recreation Centres



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

127751	M	Jan 6-Feb 24	12:45-2pm	7/\$102
127753	M	Mar 31-Jun 16	12:45-2pm	10/\$144

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

129766	Sa	Jan 4-Feb 22	11:30am-12:30pm	8/\$104
129765	M	Jan 6-Feb 24	5:30-6:30pm	7/\$91
130476	Sa	Mar 1-Apr 26	11:30am-12:30pm	9/\$117
130471	M	Mar 3-Apr 28	5:30-6:30pm	8/\$104
130477	Sa	May 3-Jun 28	11:30am-12:30pm	9/\$117
130473	M	May 5-Jun 23	5:30-6:30pm	7/\$91

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

126867	W	Jan 8-Feb 26	7:45-8:45pm	8/\$86
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

126870	M	Jan 6-Feb 24	8:45-9:15pm	7/\$38
126869	W	Jan 8-Feb 26	8:45-9:15pm	8/\$43
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

LIIT ♥

What is low-intensity interval training? It consists of higher and lower intensity intervals, just like HIIT, except the difference between the higher and lower isn't as intense. Think of LIIT as a jog and HIIT as a sprint. The slower pace, lower impact and gentler intensity of LIIT allows all fitness levels to focus on form and technique, while burning maximum calories and improving strength and endurance.

SAANICH COMMONWEALTH PLACE

Alison Marovskis

127187	M	Jan 6-Feb 24	9:10-10am	7/\$65
129835	M	Mar 3-Apr 28	9:10-10am	7/\$65
129836	M	May 5-Jun 16	9:10-10am	6/\$56

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

127754	M	Jan 6-Feb 24	5:10-6:10pm	7/\$81
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

127757	M	Jan 6-Feb 24	6:20-7:20pm	7/\$81
127758	M	Mar 3-Apr 28	6:20-7:20pm	7/\$81
127759	M	May 5-Jun 23	6:20-7:20pm	7/\$81

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

130217	Tu,Th	Jan 7-Mar 27	6-7:15pm	24/\$259
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TUESDAYS ONLY

130222	Tu	Jan 7-Mar 25	6-7:15pm	12/\$149
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THURSDAYS ONLY

130218	Th	Jan 9-Mar 27	6-7:15pm	12/\$149
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HOW TO REGISTER

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OPTION OF EXERCISING WHILE SEATED

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.

129768	Th	Jan 9-Feb 27	2-3pm	8/\$74
130511	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.

129769	Tu	Jan 7-Feb 25	2-3pm	8/\$74
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

126876	W	Jan 8-Feb 26	9-10am	8/\$74
126877	W	Mar 5-Apr 30	9-10am	8/\$74
126913	W	May 7-Jun 18	9-10am	7/\$65

Isabel Morales Moya

130068	F	Jan 10-Feb 28	1:45-2:45pm	8/\$74
130069	F	Mar 7-May 2	1:45-2:45pm	8/\$74
130070	F	May 9-Jun 20	1:45-2:45pm	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

129771	M	Jan 6-Feb 24	5:30-6:20pm	7/\$88
130597	M	Mar 3-Apr 28	5:30-6:20pm	8/\$100
130598	M	May 5-Jun 23	5:30-6:20pm	7/\$88

ALL

129770	M	Jan 6-Feb 24	6:30-7:15pm	7/\$88
130595	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

130203	M,W	Jan 6-Feb 26	10:45am-12pm	16/\$189
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

130204	M,W,F	Jan 6-Mar 28	12-1pm	36/\$359
130207	M	Jan 6-Mar 24	7:45-8:45pm	11/\$139
130206	Tu,Th	Jan 7-Mar 27	7:45-8:45pm	24/\$279
130205	Tu,Th	Jan 7-Mar 27	12-1pm	24/\$279
130215	Tu,Th	Jan 7-Mar 27	10:45am-12pm	24/\$279
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

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

126884	M	Jan 6-Feb 24	7:30-8:30pm	14/\$65
126887	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

126885	Tu	Jan 7-Feb 25	9:10-10am	8/\$74
126888	Tu	Mar 4-Apr 29	9:10-10am	9/\$84
126905	Tu	May 6-Jun 17	9:10-10am	7/\$65

Jan Del Mistro

126886	F	Jan 10-Feb 28	9:10-10:10am	8/\$74
126924	F	May 9-Jun 20	9:10-10:10am	7/\$65
126889	F	Mar 7-May 2	9:10-10:10am	8/\$74

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

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](#)

126890	F	Jan 10-Feb 28	10:30-11:20am	8/\$88
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](#)

129780	Tu	Jan 7-Feb 25	11am-12pm	8/\$100
130479	Tu	Mar 4-Apr 29	11am-12pm	9/\$113
130480	Tu	May 6-Jun 24	11am-12pm	8/\$100

[Trevor Beck](#)

129781	Th	Jan 9-Feb 27	11am-12pm	8/\$100
130481	Th	Mar 6-May 1	11am-12pm	9/\$113
130483	Th	May 8-Jun 26	11am-12pm	8/\$100

[Brian MacDonald](#)

129782	F	Jan 10-Feb 28	10:15-11:15am	8/\$100
130486	F	Mar 7-May 2	10:15-11:15am	8/\$100
130487	F	May 9-Jun 27	10:15-11:15am	8/\$100

WORKSHOPS

BCRPA FITNESS THEORY

Are you interested in a career as a fitness professional? This course is your first step, and will increase your knowledge on topics including anatomy, physiology, training principles, and leadership, in preparation for you to write your Fitness Theory exam. Students are required to provide their own manuals, available from CFES, cost: \$74.80/book, or \$42/e-manual. Additional fees apply for BCRPA written and practical exams as well as professional registration.

SAANICH COMMONWEALTH PLACE

[Melissa Clarke](#)

129838	Su,Sa	Jan 24-Feb 2	9am-6pm	4/\$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](#)

129509	Su	Mar 2	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 and welcome all levels.

SAANICH COMMONWEALTH PLACE

[Mary Elizabeth Peckham](#)

GENTLE ♥

127760	W	Jan 8-Feb 26	5:15-6:30pm	8/\$116
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 ♥♥

127763	W	Jan 8-Feb 26	11am-12:30pm	8/\$138
127764	W	Mar 5-Apr 30	11am-12:30pm	8/\$138
127765	W	May 7-Jun 18	11am-12:30pm	7/\$121

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](#)

128893	W	Jan 8-Feb 26	1-1:45pm	8/\$69
128894	W	Apr 2-Apr 30	1-1:45pm	5/\$43
128895	W	May 7-Jun 18	1-1:45pm	7/\$61

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](#)

131174	W	Jan 8-Feb 26	7:15-8:15pm	8/\$92
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

128924	M	Jan 6-Feb 24	5:30-7pm	7/\$116
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

128042	Th	Jan 9-Feb 13	5-6:15pm	6/\$87
128043	Th	Mar 27-May 1	5-6:15pm	5/\$72
128044	Th	May 8-Jun 19	5-6:15pm	7/\$101

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

Talia Boughton

126874	Su	Jan 12-Mar 2	12:15-1:15pm	8/\$92
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

127892	Tu	Jan 7-Feb 25	3:45-4:45pm	8/\$92
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

127782	M	Jan 6-Feb 24	7:30-8:45pm	7/\$101
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

127776	Tu	Jan 7-Feb 25	10:15-11:30am	8/\$115
127777	Tu	Mar 4-Apr 29	10:15-11:30am	8/\$115
127778	Tu	May 6-Jun 17	10:15-11:30am	7/\$101
127779	F	Jan 10-Feb 28	11:45am-1pm	8/\$115
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

127799	Tu	Jan 7-Feb 25	11:45am-1pm	8/\$115
127802	Th	Jan 9-Feb 27	2-3:15pm	8/\$115
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

126892	Su	Jan 12-Mar 2	11-11:50am	8/\$92
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

126894	Th	Jan 9-Feb 27	10:30-11:30am	8/\$100
126895	Th	Mar 6-May 1	10:30-11:30am	8/\$100
126920	Th	May 8-Jun 19	10:30-11:30am	7/\$88