

# Reserved Drop-in Fitness

Effective: January 6 – June 28, 2025

Schedule is subject to change

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Circuit ♥♥		9:15-10:15am Starts Jan 21	9:15-10:15am		9:15-10:15am	9:15-10:15am	
Strength & Stretch ♥♥		9-9:55am		9-9:55am			
Triple Fit ♥♥	9-9:55am						9-9:55am
Basic Yoga ♥	10:15-11:05am 7-7:55pm	8:05-9:00pm	4-4:55pm	10:15-11:05am 7-7:55pm	10:15-11:05am		
Pure Stretch ♥		10:15-11:05am					
Body Fit ♥♥	5-5:50pm		5-5:55pm			9:30-10:25am	
HIIT Express ♥♥♥		6-6:45pm					
HIIT & Stretch ♥♥♥				6-6:55pm			
Cycle & Core ♥♥			9-10:10am				
Cycle & Strength ♥♥					9:10-10:05am		
Cycle Fit ♥♥	6-6:50pm	5-5:50pm		5-5:50pm		8:30-9:25am	
Cycle & Stretch ♥♥			6:10-7:05pm				

**Notes & Information:**

- Reservations can be made 7 days in advance at 7:30am.
- Register online at [saanich.ca/recreation](http://saanich.ca/recreation) or call 250-475-5400.
- No classes on the statutory holidays:  
Monday February 29 – Family Day  
Friday March 29 - Good Friday  
Monday March 21 – Easter Monday  
Monday May 20 - Victoria Day
- Classes welcome participants 13yrs+
- Classes are held in the studio (ross) or the stretch (gardom) room.
- Check out our live schedule at [saanich.ca/recreation](http://saanich.ca/recreation)



Intensity Level Guide		
	♥	Ideal for beginners without prior fitness experience or experienced individuals wanting to focus on technique and fundamental movement skills.
	♥♥	Suitable for participants ready to improve technique and increase intensity while still emphasizing proper form. Best suited for those who are already active.
	♥♥♥	Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

<b>Basic Yoga</b>	♥	In this gentle class you will familiarize yourself with Yoga and practice fundamental postures
<b>Body Fit</b>	♥♥	This total body fitness class combines strength, conditioning, core and more to help you lose weight, build muscle & increase your muscular endurance! Various equipment maybe used such as bikes, weights, band etc.
<b>Circuit</b>	♥♥	A popular workout format that rotates through a variety of exercises targeting different parts of the body.
<b>Cycle Fit</b>	♥♥	Come and challenge yourself in this cycling class, including intervals, drills, sprints, and climbs both in and out of the saddle. Motivational music will keep you energized on the Keiser Spin bike during the entire class.
<b>Cycle &amp; Core</b>	♥♥	This class begins with 30+ minutes on the Keiser SPIN bike followed by core training that focuses on the lower back, hips, and abdominals, an important part of every fitness program.
<b>Cycle &amp; Strength</b>	♥♥	This class combines 30 minutes on the bike followed by 25 minutes of strength training. You're sure to get a complete workout in this class. Exercise modifications will be shown to accommodate all fitness levels.
<b>Cycle &amp; Stretch</b>	♥♥	Come and enjoy 40 minutes of cycling that includes drills, sprints, and climbs both in and out of the saddle followed by a 15-minute full body stretch.
<b>HIIT Express</b>	♥♥♥	Participate in short periods of high intensity exercise followed by less intense recovery periods. The burst of intensity will burn fat and increase metabolism long after the workout. Set your own level off intensity.
<b>HIIT &amp; Stretch</b>	♥♥♥	Participate in short periods of high intensity exercise followed by less intense recovery periods. The burst of intensity will burn fat and increase metabolism long after the workout. Class ends with a 10 min relaxing stretch.
<b>Pure Stretch</b>	♥	This class will stretch and rejuvenate your entire body while relieving stress and tension by relaxing the mind and body. Increase flexibility and range of motion, improve posture, prevent injuries, and recover faster from workouts. Ideal for all levels of fitness.
<b>Strength &amp; Stretch</b>	♥♥	Develop strength, balance and core stability using minimal equipment, followed by a full body stretch. This class is designed for the already active participant who can get up and down to the floor safely.
<b>Triple Fit</b>	♥♥	Participants will be divided into three groups and rotate through different strength and cardio exercise stations. Keiser bikes, suspension wall and various small equipment, such as dumbbells, bosus, stability balls will be used.