

Saanich Recreation – Winter Spring Cycle Schedule


Effective: Jan 6-Jun 29, 2025

Schedule is subject to change

Reserved Drop-In (13+yrs)

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle Fit	6:15-7am GHRC 8-8:50am 10:30-11:20am SCP 6-6:50pm PKS	6:15-7am GHRC 5-5:50pm PKS	8-8:50am SCP	5-5:50pm PKS 6:30-7:20pm SCP	6:15-7am GHRC	8:30-9:25am PKS	9:30-10:20am SCP
Cycle & Core		9:10-10am SCP	9-9:55am PKS				
Cycle & Strength	5:30-6:30pm GHRC	6:25-7:15pm SCP	6:15-7:15am GHRC	12:45-1:35pm SCP	9:10-10:05am PKS		
Cycle & Stretch			6:10-7:05pm PKS				
Cycle & Suspension				6-7pm GHRC			

GHRC = Gordon Head Recreation Centre | PKS = Pearkes Recreation Centre | SCP = Saanich Commonwealth Place

Notes and Information:	<ul style="list-style-type: none"> Reservations can be made as early as 7 days in advance at 7:30am. Register online at saanich.ca/recreation or call any Saanich Recreation Centre. All classes welcome participants 13yrs+ Check out our live schedule at saanich.ca/recreation No classes on statutory holidays: Feb 17, Apr 18, Apr 21, May 19. The last day of classes at Gordon Head Recreation Centre will be June 15 due to scheduled facility maintenance. 	
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Cycle Fit: ❤️❤️	Come and challenge yourself in this cycling class, including: intervals, drills, sprints and climbs both in and out of the saddle.
Cycle & Core: ❤️❤️	This class begins with approximately 30 minutes on the Keiser spin bike followed by core training that focuses on the lower back, hips, and abdominals; and important part of every fitness program.
Cycle & Strength: ❤️❤️	This class begins with approximately 30 minutes on the Keiser spin bike followed by strength training exercises; a key component for overall fitness.
Cycle & Stretch: ❤️❤️	This class begins on the Keiser spin bike followed by 15 minutes of energizing stretches to help your body recover and rest after the workout.
Cycle & Suspension: ❤️❤️❤️	This class includes exercises on a suspension trainer as well as the Keiser spin bike to give you a total body strength and cardio workout.