

# Reserved Drop-in Fitness

Effective: Sep 3 – Dec 21, 2024  
Schedule is subject to change

PROGRAM		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle Fit <i>Auditorium</i>	♥♥	6:15-7am	6:15-7am		6:15-7am	6:15-7am		
Core & More <i>Dance Studio</i>	♥	8-8:50am		8-8:50am		8-8:50am		
HIGH Low <i>Dance Studio</i>	♥♥♥				8:30-9:15am			
Circuit <i>Auditorium</i>	♥♥	9-10am				9-10am	8:45-9:45am	
Cycle & Suspension <i>Auditorium</i>	♥♥				6:00-7:00pm			
Cycle & Strength <i>Auditorium</i>	♥♥	5:30-6:30pm		6:15-7:15am				
Basic Yoga <i>Auditorium</i>	♥					5:30-6:30pm		
HIIT Express <i>Dance Studio</i>	♥♥	7-7:45pm	9-9:45am	9-9:45am				

**Notes & Information:**

- Reservations can be made as early as 7 days in advance at 7:30am.
- Register online at [saanich.ca/recreation](http://saanich.ca/recreation) or call 250-475-7100.
- No classes will be held on the statutory holidays listed below:  
 Monday, Sep 30 – Truth and Reconciliation Day  
 Monday, Oct 14 – Thanksgiving Day  
 Friday, Nov 11 – Remembrance Day
- All classes welcome participants 13yrs+
- 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 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>	♥	Familiarize yourself with yoga and practice fundamental postures. This is not a progressive class.
<b>Circuit</b>	♥♥	A popular workout format that rotates through a variety of exercises targeting different parts of the body.
<b>Core and More</b>	♥	Focus on strengthening your core abdominal area, lower back and glutes. A variety of exercise equipment is used in this class that is suitable for everyone.
<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 and Suspension</b>	♥♥	This class includes exercise using our Suspension Trainer equipment as well as the Keiser spin bikes to give you a total body strength and cardio workout.
<b>Cycle and 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>HIGH Low</b>	♥♥♥	This no-equipment format uses simple, set choreography to create an effective steady-state cardio workout that is easy to follow and a total blast! Adaptable to all levels of fitness, you can go low, but you will always leave feeling HIGH.
<b>HIIT Express</b>	♥♥	Participate in this express class with short periods of high intensity exercise followed by less intense recovery periods. The bursts of intensity will burn fat and increase metabolism long after the workout. You set your own level of intensity.