

STRENGTH & CONDITIONING

DRIVE ROWING

DRIVE JR | TUES/THURS | 6:30-7:30AM
MAY 2 - JUL 27 | 26 SESSIONS | \$436 | #6692

DRIVE SR | TUES/THURS | 6:30-7:30PM
MAY 2 - JUL 27 | 26 SESSIONS | \$436 | #6693

INTRO TO STRENGTH TRAINING

WEDNESDAYS | 4:45-6:00PM
MAY 3 - JUN 28 | 9 SESSIONS | \$142 | #6731
JUL 5 - AUG 30 | 9 SESSIONS | \$142 | #6762

STRENGTH & CONDITIONING 50+

OPTION 1: TUESDAYS | 7:15-8:30AM
MAY 2 - JUN 27 | 9 SESSIONS | \$149 | #6708
JUL 4 - AUG 29 | 9 SESSIONS | \$149 | #6768

OPTION 2: TUESDAYS | 4:45-6:00PM
MAY 2 - JUN 27 | 9 SESSIONS | \$149 | #6745
JUL 4 - AUG 29 | 9 SESSIONS | \$149 | #6769

OPTION 3: THURSDAYS | 7:15-8:30AM
MAY 4 - JUN 29 | 9 SESSIONS | \$149 | #6747
JUL 6 - AUG 24 | 8 SESSIONS | \$132 | #6767

OPTION 4: SATURDAYS | 7:30-8:45AM
MAY 13 - JUN 24 | 6 SESSIONS | \$99 | #6715
*NO CLASS MAY 20
JUL 8 - AUG 26 | 7 SESSIONS | \$116 | #6770
*NO CLASS AUG 5

OPTION 5: SATURDAYS | 9:00-10:15AM
MAY 13 - JUN 24 | 6 SESSIONS | \$99 | #6752
*NO CLASS MAY 20
JUL 8 - AUG 26 | 7 SESSIONS | \$116 | #6771
*NO CLASS AUG 5

Want to drop-in to a fitness program?

Check out our website or visit our front desk for available options!

Visit, Call, Join Today!
WWW.PISE.CA
250.220.2500

TD FAMILY SPORT & RECREATION FESTIVAL

Saturday, May 6, 11am - 3pm

Join us for TD Family Sport & Recreation Festival

@PISE

4371 Interurban Rd, Victoria BC

A FREE event filled with a variety of activities, for kids & the whole family to enjoy!

PISE
PACIFIC INSTITUTE FOR
SPORT EDUCATION



SPRING/SUMMER PROGRAM GUIDE

MAY

AUGUST 2023

FIND US ON OUR SOCIALS:



WHERE EVERYONE IS WELCOME!



MUSCLE HUSTLE

SENSORY FITNESS HOUR

Every Saturday from 11:00am-12:30pm is our sensory friendly workout hour! Drop-in for \$8+GST or access this time with your PISE Membership



MUSCLE HUSTLE

OPTION 1: MONDAYS | 7:00-8:15AM

MAY 1 - JUN 26 | 8 SESSIONS | \$136 | #6734

*NO CLASS MAY 22

JUL 10 - AUG 28 | 7 SESSIONS | \$119 | #6763

*NO CLASS AUG 7

OPTION 2: MONDAYS | 5:15-6:30PM

MAY 1 - JUN 26 | 8 SESSIONS | \$136 | #6701

*NO CLASS MAY 22

JUL 10 - AUG 28 | 7 SESSIONS | \$119 | #6764

*NO CLASS AUG 7

OPTION 3: WEDNESDAYS | 7:00-8:15AM

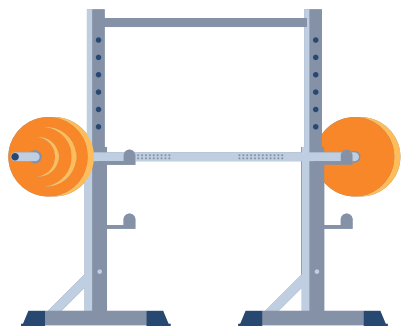
MAY 1 - JUN 28 | 9 SESSIONS | \$153 | #6738

JUL 5 - AUG 30 | 9 SESSIONS | \$153 | #6765

OPTION 4: FRIDAYS | 7:00-8:15AM

MAY 5 - JUN 30 | 9 SESSIONS | \$153 | #6740

JUL 7 - AUG 25 | 8 SESSIONS | \$136 | #6766



ENDURANCE

FUNCTIONAL TRX®

TUESDAYS | 6:15-7:15PM

JUL 4 - AUG 29 | 9 SESSIONS | \$142 | #6761

BOOTCAMP

OPTION 1: MONDAYS | 6:45-7:45PM

MAY 1 - JUN 26 | 8 SESSIONS | \$128 | #6724

*NO CLASS MAY 22

JUL 10 - AUG 28 | 7 SESSIONS | \$112 | #6758

*NO CLASS AUG 7

OPTION 2: WEDNESDAYS | 6:15-7:15PM

MAY 3 - JUN 28 | 9 SESSIONS | \$144 | #6688

JUL 5 - AUG 30 | 9 SESSIONS | \$144 | #6759

OPTION 3: THURSDAYS | 5:45-6:45PM

MAY 4 - JUN 29 | 9 SESSIONS | \$144 | #6728

JUL 6 - AUG 31 | 9 SESSIONS | \$144 | #6760

PISE FUSION

MONDAYS | 5:30-6:30PM

APR 17 - JUN 26 | 9 SESSIONS | \$144 | #6707

*NO CLASS MAY 22 & JUNE 12

ADAPTED STRENGTH & CONDITIONING

OPTION 1: WEDNESDAYS | 7:30-8:45PM

MAY 3 - JUN 28 | 9 SESSIONS | \$90 | #6719

JUL 5 - AUG 26 | 9 SESSIONS | \$90 | #6756

OPTION 2: SATURDAYS | 11:00AM-12:15PM

MAY 13 - JUN 24 | 6 SESSIONS | \$60 | #6721

*NO CLASS MAY 20

JUL 8 - AUG 26 | 7 SESSIONS | \$70 | #6757

*NO CLASS AUG 5

Programs Fee + GST



SATURDAYS AT PISE

POWER PHYSICAL LITERACY (18 MONTHS - 4 YEARS)

SATURDAYS | 10:00-11:00AM

APR 15 - JUN 10 | 8 SESSIONS | FREE | #6776

*NO CLASS MAY 20

ACTIVE DEVELOPMENT (AGES 4-10)

SATURDAYS | 11:30AM-12:15PM

APR 15 - JUN 10 | 8 SESSIONS | \$20 | #6775

*NO CLASS MAY 20

MOVE TO MUSIC (AGES 4-10)



SATURDAYS | 12:15PM-1:00PM

APRIL 15 - MAY 27 | 6 SESSIONS | \$30 | #6777

*NO CLASS MAY 20

YOUTH FITNESS FOUNDATIONS

SATURDAYS | AGES 11-13 | 11:00AM-12:30PM

APR 15 - JUN 10 | 8 SESSIONS | \$130.40 | #6785

*NO CLASS MAY 20

SATURDAYS | AGES 14-17 | 1:00-2:30PM

APR 15 - JUN 10 | 8 SESSIONS | \$130.40 | #6786

*NO CLASS MAY 20

Interested in our
Personal Training
Services?
Scan Here:



250.220.2500



WWW.PISE.CA



IN PERSON