



# Meadow Park Sports Centre

## FITNESS CLASSES, PROGRAMS & SERVICES

# September 2017

Schedule subject to change without notice

Register and view online:  
[whistler.ca/recreation](http://whistler.ca/recreation)

Information line:  
604-935-PLAY (7529)

### FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>R</b> Kick Start 6:10-7:10 am Christine <i>Starts Sept 11</i>		<b>R</b> Kick Start 6:10-7:10 am Christine <i>Starts Sept 11</i>		<b>R</b> Kick Start 6:10-7:10 am Christine <i>Starts Sept 11</i>		
<b>I</b> Circuit 9:00-10:15 am Sara	<b>I</b> Low Impact Circuit 9:00-10:15 Christina	<b>I</b> Circuit 9:00-10:15 am Liz/ Christina	<b>I</b> Low Impact Circuit 9:00-10:15 am Diana	<b>I</b> Circuit 9:00-10:15 am Meagan	<b>I</b> Low Impact Circuit 9:00-10:15 Meagan	
<b>R</b> Gentle Fit 10:30-11:30 am Sara <i>Try it for \$5 on Sept 11</i>	<b>I</b> Aqua Fit Deep 9:30-10:30 am M-A <i>Starts Sept 26</i>	<b>F</b> Nordic Walking 9-10:30 am Sharon <i>Sept 27 ONLY</i>	<b>I</b> Aqua Fit Shallow 9:30-10:30 am M-A <i>Starts Sept 28</i>		<b>I</b> Zumba 10:30-11:30 Susie	
<b>F</b> Strong by Zumba 12-1 pm Carmen <i>Try it for \$5 on Sept 11</i>	<b>R</b> Parent & Baby Yoga 10:30-11:30 am Andrea <i>Try it for \$5 on Sept 12</i>	<b>R</b> Parent & Baby Fit 10:30-11:30 am Danica <i>Try it for \$5 on Sept 13</i>	<b>F</b> Zumba Gold 10:30-11:30 am Carmen <i>Try it for \$5 on Sept 14</i>	<b>R</b> Parent & Baby Fit 10:30-11:30 am Meagan <i>Try it for \$5 on Sept 15</i>	<b>R</b> Mini Ballet for Children 12-12:45 pm Anna <i>Try it for \$5 on Sept 9</i>	
<b>R</b> PWR! Moves 1:15-2:15 pm Sara	<b>I</b> Zumba 12:15-1:00pm Carmen	<b>R</b> PWR! Moves 1:15-2:15 pm Sara	<b>I</b> Zumba 12:15-1:00 pm Rachel	<b>R</b> PWR! Moves 1:15-2:15 pm Marie-Anne	<b>R</b> Intro to Ballet for Children 1-1:45 pm Anna <i>Try it for \$5 on Sept 9</i>	
<b>R</b> Strong Hearts 2:30-3:30 pm Sara <i>Starts Sept 18</i>		<b>R</b> Strong Hearts 2:30-3:30 pm Sara <i>Starts Sept 18</i>			<b>R</b> All Out Dryland for Teens 3:30-4:45 pm Diana <i>Starts Sept 16</i>	
	<b>R</b> Zumba Kids Jr 4-4:45 pm Carmen <i>Try it for \$5 on Sept 19</i>					
	<b>I</b> Box Fit 5:10-6:10 pm Meagan					
<b>I</b> Zumba 6:20-7:20 Carmen	<b>R</b> Prenatal Yoga 6:30-7:30 pm Rya	<b>I</b> Zumba 6:20-7:20 pm Susie				

Many classes will begin with a  
'Try it for \$5' class!  
Sign up today and give something  
new a try!

**NOTE Dates for Annual Shutdown:**  
Pool August 21-September 22  
Fitness Studio August 28-September 4  
Weight Room September 5-10

**I** Included Classes

**R** Registered Classes

**F** Flex Registration

Age 16+ required for Fitness Centre and classes. Classes are not offered on statutory holidays.

**I - Included Classes** (Value-Added or Drop In): Cost is included with your admission fee or pass.

**R - Registered Programs:** Have a separate fee and a defined start and end date. Pre-Registration is required for the entire set of classes.

**F- Flex Registration** (flexible registration) Classes: Have a separate fee and allows you to register for classes on the days that fit your schedule.

Registered Programs and Flex Registration Classes will be cancelled 3 days before the start date if minimum registration numbers are not met for each class.

## **A** Included Classes

**20/20/20.** 20min of Cardio, 20 min of strength and 20 min of core and stretching. You will get it all! Challenge yourself and experience gains!

**Aqua Fit SHALLOW.** Stay cool while getting your heart pumping in the water. Join us for a fun intense shallow water Aqua Fit class that incorporates different training methods .

**Aqua Fit DEEP.** Join us for this refreshing low impact aerobic workout and train your cardio vascular system in a new environment.

**Boot Camp.** This class brings the traditional outdoor workout inside the gym. Come ready to get sweaty with military style drills body weight exercises, cardio intervals and strength training in a fun group setting.

**Box Fit.** Skip, Jumping Jack, Punch, Swerve, Push-up and Box your way to fitness. Join this class for a sweaty workout that will include drills straight from the boxing gym.

**Circuit.** This popular class is a circuit workout designed for your whole body, including innovative strength exercises alternating with cardio power surges, balance work, core, and stretch.

**Low Impact Circuit.** Join this class to get a fun, full body workout in a safe and non-competitive environment. Move to music from station to station with the goal of increased aerobic capacity, strength, balance and coordination. Suitable for seniors and those returning to exercise from injury.

**Mind & Body Stretch.** End your hectic day with slow paced movements and stretches that are easy on the body and the brain. Slowly move between poses with a focus on proper technique, body placement, and breathing.

**Stretch & Restore** Class includes conscious movement and stretches designed to help overall range of motion and tissue health. Gentle flow, stretch and restorative postures as well as an opportunity to practice meditation.

**TRX Mixer** is a strength focused high intensity interval circuit session including the TRX. Build lean muscle while using the weight of your body as your source of resistance.

**Zumba.** This class is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ No dance experience required. Bring a smile and your sneakers and get ready to have fun dancing away the pounds.

## **R** Registered Classes

**All Out Multi Sport Dryland** Dryland training sessions for 13 - 17 yr olds who are participating in any team or individual sport. Push your fitness to play 'all out' during your season. Gain strength, develop speed and agility and build a solid core to handle anything your sport throws at you.

**Gentle Fit for Seniors** 'Use it or Lose it' the saying goes! Join this class to get moving at your pace and be surrounded by your peers. You will benefit from instruction on exercises for strength and flexibility, better posture and balance, coordination and agility. Beginners welcome.

**Kick Start.** Kickstart your morning with this variety packed workout to help you reach your fitness goals! Stay motivated, get strong and push your fitness to the next level.

**Mini Ballet for 3-5 yrs old** Explore the world of ballet through music, story telling and magic. Simple positions and structure will be taught in an encouraging and nurturing environment with lots of room for self-expression in dance! Mini ballerinas will put on a small performance for parents on the last day of the session.

**Intro to Ballet K-Gr 1** This class will introduce your dancer to proper ballet technique. Each class will take your aspiring dancer through floor warm-up, strength and stretch exercises as well as across the floor combinations that will build confidence and dance skills. Parents are invited to observe the last class.

**Parent & Baby Fitness.** This baby friendly class allows Mom or Dad to get a great workout AND attend to baby's needs at any time. Get a full body workout and connect with other new parents in your community. Babies need to be in a fairly immobile state for safety reasons.

**Parent & Baby Yoga.** This introductory course will bring yoga to you and your little one. Students will explore a series of basic asanas (postures) through imaginative play and movement. All levels welcome.

**Prenatal Yoga** Mamas playing in joy and empowerment! This class includes breathing exercises, light meditation, a gentle flow through Pilates-based exercises and Yoga postures for strength, flexibility, relaxation and techniques to prepare for labour.

**PWRI Moves for Body and Mind.** Classes involve repetitive training of four foundational skills that underlie everyday function and that become impaired in Parkinson's. Classes will include PWR moves, cardio intervals, walking drills, strength, flexibility, proprioception and brain games.

**Strong Hearts, Healthy Lifestyles.** For those living with or at risk for chronic diseases. Learn how to incorporate safe and effective exercise into your daily life and promote self-management of your health. Visit [www.strongheartfitness.com](http://www.strongheartfitness.com) for more information.

## **F** Flex Reg. Classes

**Dryland Training** Prepare yourself for an epic winter season through our six week preseason conditioning program led by Meadow Park's Fitness Specialists. These specifically designed training sessions will take you through logical progressions of sport specific drills, plyometrics and lots of core stabilization.

**Nia** A full body aerobic workout that blends the healing arts, martial arts and dance arts designed for flexibility, agility, mobility, strength and stability. For more information about Nia visit [www.NiaNow.com](http://www.NiaNow.com)

**Nordic Walking.** Also called Urban Poling, will help you walk your way to better health. With this technique you will increase your cardio while enjoying less stress on your back and joints. Come dressed to walk outside. Bring your own poles if you have them or poles can be supplied if needed.

**Stretch and Roll - Revive** This class will focus on mobility, core strength, flexibility and functional movement patterns. The class will include the use of balls, rollers, techniques such as self myofascial release and trigger point relief. Open to all levels of participant.

**Spin.** Get ready to sweat with our experienced cycling instructors! This high energy class will progress through the weeks so you can maintain a high level of sport specific fitness all season.

**Spin and Box.** Spin intervals and boxing all in one class! Keep your heart rate up for the whole hour as you move from the bike to the floor. The boxing portion will involve skipping, shadow boxing, focus mitt drills and punching bag drills.

**Spin and Pump.** This class will include spin intervals on the bike followed by strength and ab work, finishing with a stretch

**Spin TRX.** This class will combine a great cardio workout on the spin bike with exercises on the TRX. TRX is known for 'all core all the time'.

**Strong by Zumba** Using only their body weight, students work out in sync to music that's been reverse-engineered to match every move. STRONG by Zumba® is not dancing; it's feeling the beat instead of counting the reps to push students past their perceived limits into a whole new level of intensity.

**TRX and Kettle Bell Conditioning** Rise and shine and start your day right. This class combines TRX and Kettle Bells to give you the ultimate strength and conditioning workout in just 1 hour

**Zumba Gold** This class takes Zumba and modifies the moves and pacing to suit the needs of the active older participant, as well as the beginner

## OUR PERSONAL TRAINERS

**ALANA IRVINE** B. KIN. FMS 1 & 2. Alana has worked in the personal training industry for 10 years with experience in Vancouver, Australia, Whistler and Nova Scotia. Alana has a passion for trail running, mountain biking, and skiing.

**CHRISTINA LONGO** B.A. Personal Trainer. Fascial Stretch Therapist. Corrective Exercise Specialist. FMS 1 & 2. Sport specific strength and conditioning, injury recovery & prevention, stretch therapy.

**DANICA HERBERT** Canfitpro™ Personal Trainer, Institute of Integrative Nutrition® Holistic Health Coach, Zumba® Fitness Instructor, Tabata Bootcamp® Instructor. Weight loss, body image, HIIT training, & sport-specific training.

**DIANA ROCHON** BPE, CSCS, NCCP. Personal training for all fitness levels; multi-sport conditioning for youth; injury rehabilitation & prevention; athletic performance programming & coaching for runners, track & field, sprint-speed sports; physical literacy/motor skill testing/training.

**ERIC SOUCY** B.Ed, CSCS, CSEP-CPT, Agatsu Kettlebell, NCCP Weightlifting Coach. Strength programs for athletic performance specializing in skiing and snowboarding, general fitness for all levels.

**LIZ CARUSO** BCRPA Group Fitness Instructor & Personal Trainer. Weight management, body image, general fitness for all levels.

**MARIE ANNE PREVOST** BA, BCRPA, NCCP Personal Trainer & Fitness Instructor. Sport specific training specializing in triathletes and runners, general fitness for all levels, weightloss.

**MEAGAN SIMPSON** M. Clinical Ex Phys. B Ex Sci. ESSAM . Accredited Exercise Physiologist, CSCA, ASCA Strength and Conditioning coach for elite athletes and specialist for people with chronic disease or disability.

**SARA NIBLOCK** BKin, BCAK Practising Kinesiologist, ACSM Clinical Exercise Physio-logist, Neurokinetic Therapy practitioner, Exercise is Medicine Lvl 3, PWR Moves inst-ructor, Specializes in Injury rehabilitation and prevention, chronic disease management & fitness training for life and sport.

**SYLVIE ALLEN** BCRPA, FRC Mobility Specialist, Agatsu Kettlebell, Mountain Bike Coach. Strength & conditioning for all levels, athletic performance for skiers & mountain bikers, mobility training, & injury prevention.

## FREE Orientations

Learn the "How To's" of the Fitness Centre

## Youth on Weights (13-15 years)

Gain access to the Fitness Centre! Orientation, workout program, exercise review & quiz. \$70 (2X 1 hr sessions)

## Personal Training Sessions

(1 hr sessions) 1X \$70, 3X \$195, 6X \$366, 12X \$694  
Consult /assessment \*all new clients (45 mins): \$40;

## 'HIT' (Hard Intense Training!)

(30 min sessions) 6x \$196.50, 12x \$372

## Fitness & Wellness Assessment

Includes risk factors, body composition ,muscular strength and endurance, power, flexibility and aerobic capacity. \$96 (1 x 90 min) Follow up session: \$80 (1hr)

## 3 Month Personal Wellness Package

Take action for a healthier you! Commit to 3 months with Danica Herbert. 1 Consultation, 2x Personal Training and 2 x Health Coaching sessions/month.

Fee: \$250/month (5 X 1 hour sessions)

## Fascial Stretch Therapy

Intro Package: 1x 1.5hr assessment/stretch therapy & 2x1hr stretch therapy \$275

Additional Stretch Sessions (after intro package):

1x \$80, 3x \$225, 6x \$420, 12x \$795

## Neuro Kinetic Therapy (NKT)

Intro Package: 1x 1.5hr assessment/NKT session, 1 x 1hr NKT session, & 1x1hr Personal Training \$265

Additional NKT Sessions (after intro package):

1x \$80, 3x \$225

## Discounts for Buddy Sessions

2 person = 30% off each

3-4 person = 50% off each

\*Excludes Consults ,  
Wellness, Stretch,  
& NKT Packages



**WHISTLER**

Register and view online:  
[whistler.ca/recreation](http://whistler.ca/recreation)

Information line:  
**604-935-PLAY (7529)**