



Meadow Park Sports Centre

FITNESS CLASSES, PROGRAMS & SERVICES

September 2019

Schedule subject to change without notice

Register and view online:
whistler.ca/recreation

Information line:
604-935-PLAY (7529)

FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
R Kick Start 6:10-7:10 am Christine Starts Sept 9	R Endure 6:10-7:10 am Christine Starts Sept 10	R Kick Start 6:10-7:10 am Christine	R Endure 6:10-7:10 am Christine	R Kick Start 6:10-7:10 am Christine		
I Circuit 9-10 am Beth/Lara	I Low Impact Circuit 9-10 am	I Low Impact Circuit 7:30-8:30 am Steve	I Run, Jump, Throw 9-10am Diana	I Low Impact Circuit 7:30-8:30 am Robyn	I TBC—Total Body Conditioning 7:30-8:30 am Jess	
R Parent & Baby Fitness 10:30-11:30am Try it for \$5 Sept 9	I Aqua Fit 9:30-10:30 am M-A Starts Sept 24	I TBC-Total Body Conditioning 9-10 am Liz	I Aqua Fit 9:30-10:30 am Marie-Anne Starts Sept 26	I Circuit 9-10 am Robyn	I Low Impact Circuit 9-10am Jess	
R Strong Hearts & Healthy Lifestyles 12-1 pm Sara Starts Sept 16	F Barre Sculpt 10:30-11:30 am Madison Try it for \$5 Sept 10	I Zumba Gold 10:30-11:30 am Carmen	F Barre Sculpt 10:30-11:30 am Madison Try it for \$5 Sept 12	R Parent & Baby Fitness 10:30-11:30am Robyn Try it for \$5 Sept 13	I Zumba 10:30-11:30 am Susie	F Sunday Fun Day Workout ONLY \$5 10-11 am September 15 ONLY Beth
F Gentle Fit for Seniors in the Weight Room 1-2 pm Diana Starts Sept 9	I Zumba 12:15-1:00pm Carmen	F Barre Fit 11:45-12:45 pm Marie-Anne Try it for \$5 Sept 11	I Zumba 12:15-1:00 pm Susie		R Mini Ballet 3-4 yrs old 11:45-12:30 pm Jane Try it for \$5 Sept 14	
F PWR! Moves 1:15-2:15 pm Starts Sept 9		R Strong Hearts & Healthy Lifestyles 12-1 pm Sara		F Gentle Fit for Seniors in the Weight Room 1-2 pm Diana	R Intro to Ballet 5-7 yr olds 12:45-1:30 pm Jane Try it for \$5 Sept 14	
R Can Active 2:30-3:30 pm Steve - Starts Sept 23		F Gentle Fit for Seniors in the Weight Room 1-2 pm Marie-Anne		F PWR! Moves 1:15-2:15 pm Marie-Anne	R Yoga for Kids 5-8 yr olds 1:45-2:30 pm Jane Try it for \$5 Sept 14	
R Grrrls' Boot Camp 4:15-5 pm Try it for \$5 Sept 9		F PWR! Moves 1:15-2:15 pm Sara		HAPPY Labour Day! No classes on September 2		
I Zumba 6:20-7:20 pm Carmen	I Stretch & Restore Yoga 8-9 pm Rya	R Can Active 2:30-3:30 pm Steve	F Spin and Pump 6:45-7:45 pm Courtney Try it for \$5 Sept 12			
		I Zumba 6:20-7:20 pm Susie				

NEW! Sign up for 6 or more of the same Flexible Registration class and get 15% off the sign up fee

Group Fitness Participants are asked to please arrive 5 min prior to the class start time. The studio door will be locked at the start of class.

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.

INCLUDED CLASSES

◆◆◆**Aqua Fit Deep/Shallow** Join us for this refreshing aerobic workout if you want to train your cardio vascular system in a new environment, or are coming back to training after an injury. This class is a great alternative for those wanting a low impact aerobic workout to boost training volume.

◆◆◆◆**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. Max class size 22.

◆◆◆**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.

◆◆◆◆**Run, Jump, Throw** Multi-format class featuring exercises that include our fundamental movements of Running, Jumping and Throwing. Lots of variety in equipment and class set-ups. Have fun and challenge yourself in partner-style activities and solo work. Run + Jump + Throw = High Intensity play for adults!

◆**Stretch & Restore Yoga** 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.

◆◆◆◆**TBC-Total Body Conditioning** A terrific body sculpting experience that's open to all fitness levels. Start your day right by improving your metabolism, strength, and muscular endurance. Close attention is paid to correct form and technique.

◆◆◆◆**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.

◆◆**Zumba Gold** This class takes Zumba and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. The Zumba Fitness-Party fun stays the same; the zesty Latin music, the exhilarating, easy-to-follow moves, and the invigorating workout. Zumba Gold is a dance-fitness class that is friendly and FUN!

R REGISTERED CLASSES

◆◆**Can Active** is a group based physical activity program designed specifically for people affected by cancer. Participants will complete a one to one consultation and then receive a customized exercise program based upon their clinical requirements, treatment related side effects and personal goals. The supervised sessions support the participant at all

stages of treatment, helping participants manage energy levels, improve body composition and increase psychological well-being. Please note a PAR Med X form is required to be filled out by your doctor. 3-4 people max per group. Client needs to contact Steve List slist@whistler.ca to discuss details and book the consultation. One on one sessions are also available.

◆◆◆◆◆**Endure** Come and test both your physical and psychological limits with a new class focused on endurance. Longer workouts that will push you farther, faster and higher. In this class, achievement of a higher level of fitness will not be possible without a little discomfort!

◆◆◆◆**Grris' Boot Camp** is a fun workout for everyone looking to kick start their fitness goals. The 45 min classes are a mix of cardio, flexibility, plus strength training designed for any fitness level. If you're new to fitness or have tried working out before, Bootcamp will constantly challenge you with its variety and by offering you positive motivational support every class. A great way to stay fit and learn new stuff with friends in a non-competitive program!

Intro to Ballet for 5-7 yr olds This class will introduce your young dancer to proper Ballet technique following the Royal Academy of Dance syllabus. Each class will take your aspiring dancer through a 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.

◆◆◆◆◆**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 3-4 yr olds 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 and dance. Mini ballerinas will put on a small performance for parents on the last day.

◆◆**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.

◆◆**Strong Hearts, Healthy Lifestyles.** A supervised exercise and wellness program for those living with or who are at risk for heart disease. Through monitored exercise sessions you will learn how to incorporate safe and effective exercise into your daily life and promote self-management of your health. The program involves an initial fitness and risk factor assessment, twice weekly monitored exercise sessions, education and guidance to help you recover. Everyone has an individualized program based on their initial assessment, doctor's recommendations and/or stress test results.

Sign up for 6 or more of the same Flexible Registration class and get 15% off .

F FLEX REG CLASSES

◆◆◆◆**BARRE Fit** Ballet inspired fitness. This class will lead you through exercises inspired by ballet to work on getting you long, lean and strong. We will extend our arms right to the finger tips, point toes, plie, be in first and second position while working out to music. This is a light hearted and fun workout!

◆◆◆◆**BARRE Sculpt** A not so classic barre workout that focuses on small intense movements that are intended to fire up your core and glutes while strengthening your arms and back, like a ballerina. By using small controlled movements, isometric holds, and high repetitions, you will develop a strong, long, lean physique in no time. Additional benefits include: straighter posture, flexibility, balance, mental endurance, and mindful body awareness. Available to anyone. No prior ballet experience necessary.

Gentle Fit for Seniors 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.

PWR! 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.

◆◆◆◆**Spin** Get ready to sweat with our experienced cycling instructors! This high energy class will progress every week so you can maintain a high level of sport specific fitness all season long. Innovative training and visualization techniques will help you push your limits and see results! Register soon as space is limited

◆◆◆◆**Spin and Pump** Push yourself to your limits with this fun class. Heart pumping cardio intervals on the spin bike followed by an all body strength workout.

OUR PERSONAL TRAINERS

BETH DUNLOP ACE Certified Personal Trainer since 2000, ACE Older Adults Fitness, BCRPA Advanced Group Fitness, ZUMBA. Overall health and fitness for adults, groups, 3rd age, and those who want to maximize their time in the gym. Motivating and fun high intensity interval training for weight management and performance. Beginners welcome.

DIANA DeMAN 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.

GARRET GENTLE Health & Fitness Alliance and BCRPA approved Group Fitness & Personal Trainer, CSIA Level 4 Ski Instructor, CSCF Level 2 Ski Coach, Level 2 Bike Park Coach.

JESS FINNEGAN American Council of Exercise certified Personal Trainer & Group Fitness Instructor. Strength & conditioning, compound lifts, explosive plyometrics and bodyweight circuits.

LEON COMINO ICREPs, NFLA Canada approved Group Exercise Instructor, and Personal Trainer. Specialist Injury Prehabilitation, and Joint Rehabilitation Coach. Movement, biomechanics, and functional/sport specific training. Boxing and Self Defense Instructor

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.

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

STEVE LIST Wright Foundation Cancer Exercise Specialist, British Assoc. for Cardiovascular Prevention & Rehab, Specialist Exercise Instructor, GP Referral Exercise Specialist, MSc in Sport & Health Science, BSc in Sport & Exercise Science. Cancer care, cardiac rehabilitation and health excellence.

SYLVIE ALLEN BCRPA, FRC Mobility Specialist, Agatsu Kettlebell, Mountain Bike Coach. Strength & conditioning for all levels, athletic performance, 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)

Kinesiology Sessions

(1 hr sessions) 1X \$70, 3X \$195, 6X \$366, 12X \$694

Consult / assessment * all new clients (45 mins): \$40;

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 people = 30% off each

3-4 people = 50% off each

*Excludes Consults, Wellness, Stretch, & NKT Packages



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