



Meadow Park Sports Centre

FITNESS CLASSES, PROGRAMS & SERVICES

February 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	I TRX & KB Conditioning 7- 8am Sara	R Kick Start 6:10-7:10 am Christine	F Spin TRX 6:15-7:15 am Courtney	R Kick Start 6:10-7:10 am Christine		
I Low Impact Circuit 7:30-8:30am Robyn	I Low Impact Circuit 9-10 am Steve	I TBC-Total Body Conditioning 7:20-8:20 am Jess	I Circuit 7:30-8:30 am Steve	I Low Impact Circuit 7:30-8:30 am Robyn	I Circuit 7:30-8:30 am Jess	
I Circuit 9-10 am Robyn	I Aqua Fit Deep End 9:30-10:30 am Emma	I TBC-Total Body Conditioning 9-10 am Liz	I S3- Sweat, Strength, Stability 9-10am Steve	I Circuit 9-10 am Robyn	I Low Impact Circuit 9-10am Jess	
R Parent & Baby Fitness 10:30-11:30 am Danica	R Parent and Baby Yoga 10:30-11:30 am Lisa	I Nia 10:30-11:30 am Nancy / Suzanne	I Aqua Fit Shallow End 9:30-10:30am Emma	R Parent & Baby Fitness 10:30-11:30am Robyn	I Zumba 10:30-11:30 am Susie	
	I Zumba 12:15-1:00pm Carmen		I Low Impact Aerobics 10:30-11:30 am Marianne			
F Gentle Fit for Seniors in the Weight Room 1-2 pm Diana	I Strong by Zumba 5:30-6:30 pm Carmen	F Gentle Fit for Seniors in the Weight Room 1-2 pm Sylvie	I Zumba 12:15-1:00 pm Rachel	F Gentle Fit for Seniors in the Weight Room 1-2 pm Diana		
F PWR! Moves 1:15-2:15 pm Steve	F Spin 6-7 pm Courtney	F PWR! Moves 1:15-2:15 pm Sara	I 20/20/20 5:30-6:30 pm Lara	F PWR! Moves 1:15-2:15 pm Steve		
I Boot Camp 5:10-6:10 pm Garret	R Pilates Mat Class 6:45-7:45pm Rya FEB 5 & 12 only	I TRX Mixer 5:10-6:10 pm Sara	F Spin 6-7 pm Brittany			
I Zumba 6:20-7:20 pm Carmen	Prenatal Yoga 6:45-7:45pm Rya FEB 19 & 26 Try it for \$5 Feb 19	I Zumba 6:20-7:20 Susie	F Roll and Release 6:45-7:45 pm Laura			
	I Stretch and Restore Yoga 8-9 pm Rya	I Revive -Stretch and Release 7:30-8:30 pm Sara	I Mind and Body Stretch 8-9 pm Heather			
NO CLASSES FAMILY DAY FEB 18 Enjoy 50% of Drop in Admission that day!		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

20/20/20. 20min of Cardio, 20 min of strength exercises and 20 min of core and stretching. You will get it all! Every week will be slightly different from the last so you will be constantly challenged and will experience gains when you come back each week.

Aqua Fit Deep/Shallow Join us for this refreshing aerobic workout if you want to train your cardio vascular system in a new environment, 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.

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. Max class size 22.

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. Max class size 22.

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. Max class size 30.

Revive – Stretch and Roll 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. Max class size 22.

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. Max class size 30.

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.

S3- Sweat, Strength, Stability Wake up your morning with this group workout featuring 3-minute intervals of cardio, strength and stability exercises. S3 is a complete conditioning package using your bodyweight, dumbbells, medicine balls and agility equipment. Suitable and fun for all fitness levels. Max class size 22.

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. Max class size 22.

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. Max class size 30.

Registered Classes

Core Confidence There are many changes that happen to your body during pregnancy and birth. It is therefore important to take some time to 'retrain' your core. Learn what exactly is your 'core', ways to engage your core properly, dysfunctions to watch out for and Core Confidence exercises from Bellies Inc. This workshop is for Moms from 6 weeks to 6+ years postpartum. Prenatal women and anyone interested are also welcome to join! Babies are welcome to come with!

Co-Ed BootCamp Mix it up in our new Co-Ed Bootcamp featuring different class set-ups to ramp up your fitness for all the fun stuff you like to do. Doesn't matter if you are there for general fitness or to get ready for your favourite sports – Co-ed Bootcamp will help you on your way to your fitness goals.

Grrrrs' Boot Camp Girl's 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. A great way to stay fit and learn new stuff with friends in a non-competitive program!

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.

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.

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 for more information.

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

F Flex Reg. Classes

Cardio Circuit is a high intensity circuit class, that incorporates, plyometrics, weights and body weight exercises. Each class is designed to burn calories, and build muscle in the most efficient way. Expect a vibrate and fun atmosphere

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.

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

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.

Roll and Release The Roll Model® method helps with the 3 P's - decreased Pain, increased Posture and enhanced Performance, helping to heal damaged muscle, increase strength and establish healthy movement patterns to help you live better in your body. With the aid of Yoga Tune ® therapy balls and other props, gain awareness and movement in areas of the body which have been under-used, over-used or misused. Whether you ski, snowboard, skate, or simply want to move better in your body - come give yourself a dose of 'roll-ief' this winter and new year!

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 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'.

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.

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.

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.

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, BCAK Practising Kinesiologist, ACSM Clinical Exercise Physio-logist, Neurokinetic Therapy practitioner, Exercise is Medicine Lvl 3, PWR Moves instructor, 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)

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



Register and view online:
whistler.ca/recreation

Information line:
604-935-PLAY (7529)