



Meadow Park Sports Centre

FITNESS CLASSES, PROGRAMS & SERVICES

March 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 /Andy | 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 / Christine | 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 | | I Nia 10:30-11:30 am Nancy | 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 | | | |
| | 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 | | I TRX Mixer 5:10-6:10 pm Sara | F Spin 6-7 pm Brittany | | | |
| I Zumba 6:20-7:20 pm Carmen | R Prenatal Yoga 6:45-7:45pm Rya | 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 | | | |

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.

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.

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.

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.

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.

Strong by Zumba 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.

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.

R REGISTERED CLASSES

Core Confidence 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.

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 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 with the aid of Yoga Tune @ therapy balls and other props.

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

CHRISTINA LONGO B.A. Personal Trainer. Fascial Stretch Therapist. Corrective Exercise Specialist. FMS 1 & 2. Sport specific strength and 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.

OUR PERSONAL TRAINERS. Cont'd

Emma Law UK Level 3: Personal Trainer, Sports Nutrition, Pre/Post Natal, Exercise Referral, Health Screening. Strength and conditioning, pre and post natal fitness, kettlebells, spinning and core stability.

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.

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 Physiologist, 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. of 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)

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



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