



# FITNESS CLASSES, PROGRAMS & SERVICES

## MAY 2019

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		<b>R</b> Kick Start 6:10-7:10 am Christine		<b>R</b> Kick Start 6:10-7:10 am Christine		
<b>I</b> Low Impact Circuit 7:30-8:30am Robyn		<b>I</b> Low Impact Circuit 7:30-8:30 am Louise	<b>I</b> Circuit 7:30-8:30 am Diana	<b>I</b> Low Impact Circuit 7:30-8:30 am Robyn	<b>I</b> TBC—Total Body Conditioning 7:30-8:30 am Liz	
<b>I</b> Circuit 9-10 am Robyn	<b>I</b> Low Impact Circuit 9-10 am Christine	<b>I</b> TBC-Total Body Conditioning 9-10 am Liz	<b>I</b> Cardio Core Workout 9-10am Diana	<b>I</b> Circuit 9-10 am Robyn	<b>I</b> Low Impact Circuit 9-10am Louise	
<b>R</b> Parent & Baby Fitness 10:30-11:30 am Danica	<b>I</b> Aqua Fit SHALLOW 9:30-10:30 am M-A		<b>I</b> Aqua Fit DEEP 9:30-10:30am Emma	<b>R</b> Parent & Baby Fitness 10:30-11:30am Robyn	<b>I</b> Zumba 10:30-11:30 am Susie	
		<b>F</b> Barre 11:45-12:45 Marie-Anne	<b>I</b> Low Impact Aerobics 10:30-11:30 am Marianne/Beth			
<b>F</b> Gentle Fit for Seniors in the Weight Room 1-2 pm Diana	<b>I</b> Zumba 12:15-1:00pm Carmen	<b>F</b> Gentle Fit for Seniors in the Weight Room 1-2 pm Marie-Anne	<b>I</b> Zumba 12:15-1:00 pm Rachel	<b>F</b> Gentle Fit for Seniors in the Weight Room 1-2 pm Diana		
<b>F</b> PWR! Moves 1:15-2:15 pm		<b>F</b> PWR! Moves 1:15-2:15 pm Sara		<b>F</b> PWR! Moves 1:15-2:15 pm M-A		
	<b>I</b> Strong by Zumba 5:30-6:30 pm Carmen		<b>I</b> 20/20/20 5:30-6:30 pm Leon			
<b>I</b> Boot Camp 5:10-6:10 pm Garret	<b>F</b> Spin 6-7 pm Courtney	<b>I</b> TRX Mixer 5:10-6:10 pm Leon				
<b>I</b> Zumba 6:20-7:20 pm Carmen	<b>R</b> Pilates Mat Class 6:45-7:45pm Rya	<b>I</b> Zumba 6:20-7:20 Susie	<b>I</b> Box Fit 6:45-7:45 pm Leon			
<b>No Classes on Victoria Day Monday May 20</b>	<b>I</b> Stretch and Restore Yoga 8-9 pm Rya		<b>I</b> 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.

**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. You will get a cardio workout along with strength training using body weight exercises.**

**Cardio Core Workout.** Throwback Thursdays this Spring/Summer! Thursday 9am Class features one hour of focus on Cardio and core (with some total body strength thrown in for good measure). A medium-to-fast-paced experience set in a variety of class formats designed by Diana De Man.

**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 Aerobics** Fun- Fit YOU! A welcoming low impact mild+ Aerobics class for any age. Warm-up, cardio, strength training followed by stretch and relaxation. You choose the intensity based on your current fitness level.

**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.

**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.

**TRX Mixer** is a strength focused high intensity interval circuit session! Build lean muscle while using the weight of your body as your source of resistance. This is a circuit style class including TRX and whatever other equipment the instructor chooses.

**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**

**Can Active.** CanActive 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 customised 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 wellbeing.

**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.

**Pilates Mat Class** A whole body class with emphasis on strengthening your centre and moving with precision. Includes Pilates Fundamental and Classical based exercises and sequencing. End with yoga style stretches to peacefully energize. All ability levels welcome.

**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** 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!

**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.

**Mobilise It!** Restore, stretch, soften, and align your body with this lengthening class, aiming to keep your body soft and supple. This class will take you into primal movement patterns which will improve posture and range of movement immediately, using animal flow movements, this program will keep clients mobile with ground to stand drills, and reduce tightness, pain and unlock increased range of motion, necessary for a higher quality of everyday life. Higher quality movement, is higher quality of life.

**Stabilize It!** This class will focus on core strength, as well as single arm and leg stability, think Pilates meets functional movement patterns. The goal of the class is to bulletproof your joints, and the surrounding, often neglected muscles. These smaller muscles will be strengthened, to support your whole kinetic chain of movements. This class is recommended for athletes to keep their body free from muscular imbalances, and for older clientele to avoid injuries. If you're goal is to train for a lifetime, come get bulletproofed at our new "Stabilise It" class.

**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.

**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.

## **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.

**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.

**GARRET GENTLE** Health & Fitness Alliance and BCRPA approved Group Fitness & Personal Trainer, CSA 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, BCKA 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)

## **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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