## Fitness Class Schedule

**Meadow Park Sports Centre**

### August 4-31st, 2020

Schedule subject to change without notice

Register and view online: whistler.ca/recreation

Information line: 604-935-PLAY (7529)

### Monday
- **Low Impact Class**
  - 7-8am — Steve
- **Gentle Fit for Seniors**
  - 9-10am — Online Only
- **Mountain Ready Fitness**
  - 9-10am — Steve

### Tuesday
- **Body Weight Boot Camp**
  - 7-8am — Beth
- **Low Impact Class**
  - 9-10am — Beth

### Wednesday
- **Low Impact Class**
  - 7-8am — Andy
- **Gentle Fit for Seniors**
  - 9-10am — Online Only
- **High Impact Class**
  - 9-10am — Andy
- **Zumba Gold**
  - 10:30-11:30am — Carmen

### Thursday
- **Sweat It Outside**
  - 7-8am — Louise
- **Low Impact Class**
  - 9-10am — Louise
- **Covid Yoga**
  - 10:30-11:30am — Laura

### Friday
- **Low Impact Class**
  - 7-8am — Beth
- **Sweat Effect**
  - 9-10am — Beth

### Saturday
- **Body Pump Boot Camp**
  - 7-8am — Jess
- **Low Impact Class**
  - 9-10am — Jess

### Sunday
- **Zumba**
  - 10:30-11:30am — Susie

### All classes are included in the NEW Covid Class Pass.
- Call 604-935-PLAY to set up your account and buy it over the phone. If your account is all set up you can buy it online: https://resortmunicipalityofwhistler.perfectmind.com/
- **August = $40.**
- In the case of inclement weather the class will be online. You will get an email 1 hr before the class if the class goes online with the ZOOM link
- Bring your own mat. Dress for the weather. Wear sunscreen
- No equipment sharing.
- Physical distancing guidelines followed.
- Don’t come to class sick.
- First Come First Serve = 25 per class max.
- Online class size is unlimited!
- Meet in the Meadow Park Sports Centre Parking Lot, SE end.
- Participants are asked to please arrive 10 min prior to the class start time.
- When you arrive check in with the instructor with photo ID, instructor will sign you in.
- You will need to agree to the Verbal PAR-Q and the Verbal Covid-19 questionnaire prior to each outdoor class.
OUTDOOR/ONLINE CLASSES

Body Pump Bootcamp - Get strong, lean & fit with this outdoor body pump workout class. Recruiting all the main muscle groups, this fun workout will get your muscles burning, your heart rate up and you'll leave sweaty, strong & satisfied. With Jess

Body Weight Bootcamp - No weights needed! Just you and a "go-for-it" attitude ready to push, pull, and jump your way to a full body, high intensity workout. With Andy

Bootcamp - This class is all about the burn. We will hit every muscle group in this workout. Expect: high end cardio, killer abs and burning muscles. With Andy

Covid Yoga - Change is the only thing that is constant in life, and how we adapt and work with change has an effect of our lives. Change is real right now. It has been for the past 3 months especially. Yoga is a practice that helps you get into your body, work with the present time and the changes that occur moment to moment. This yoga class is a flow-style class, suitable for all levels, which will give you the chance to move your body, breathe, build resilience and reset. With Laura

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. ONLINE ONLY. With Marie-Anne and Diana

High Impact Class - Full body workout, which will focus on raising your heart rate and burning fat. Bring your smiles and positive vibes for a great class that will tick all your box. Lots of body weight movements and minimal equipment. With Andy

Sweat Effect: TABATA and EMOM and AMRAP....oh my! This self-propelled circuit-style class will test your endurance and sweat ability with mini workouts of cardio and strength exercises. With Beth

Sweat It Outside: No equipment? No problem! This body weight only, high intensity interval class will leave you breathless. 3-5 min sets of full body explosive exercises will be followed by plenty of rest before we go again, again, and again! With Louise

Low Impact Class - Full body workout, focus on mobility, movement and having fun. It’s all inclusive, and for any fitness level. As it is an outdoor class, we will keep a safe distance from one another and use minimal equipment. With Louise, Jess, Beth and Andy

Mountain Ready Bootcamp - This class is all about preparing the body for all your mountain life activities. Leg strength for hiking, core stability for trail running, and high intensity intervals for those hill climbs, this class has you covered and will help support your active Whistler lifestyle. With Steve

Mountain Ready Fitness - Train your body for all your mountain life activities. Full body strengthening and core conditioning combined with targeted mobility and cardiovascular intervals, this class has you covered. Suitable for everyone looking to make the most out of mountain sports, from complete beginners to seasoned pro’s. With Steve

Zumba - This 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. With Carmen, Rachel and Susie

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. Zumba Gold is a dance-fitness class that is friendly and FUN! With Carmen

Sweat drops denote intensity you can expect from the class:
5 drops is HIGHEST intensity
1 drop is a more relaxing, mindful and stretchy.

FITNESS SERVICES

Stay Tuned for when we can offer

Personal Training Services again;

Hopefully Mid-September

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