



Meadow Park Sports Centre

FITNESS CLASSES, PROGRAMS & SERVICES

OCTOBER 2020

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 |
|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------|-------------------------------------------------------------|
| I Low Impact:Endurance 7:30 a.m. Steve | I Sweat Effect 7:30 a.m. Beth | I Low Impact:Endurance 7:30 a.m. Andy | I Sweat it Out 7:30 a.m. Louise | I Low Impact:Endurance 7:30 a.m. Beth | I Body Pump Boot Camp 7:45-8:45 a.m. Jess | |
| R Gentle Fit for Seniors 9-10 a.m. Marie-Anne <u>Online Only</u> | I Low Impact: Strength & Stretch 9-10 a.m. Beth | | I Low Impact: Strength & Stretch 9-10 a.m. Louise | | | F Sunday Fun Day— Step! \$5 8:30-9:30 a.m. Liz |
| I Mountain Ready Fitness 9-10 a.m. Steve | I Aqua Fit Deep 10-11 a.m. Marie-Anne Starts Oct 20 | I High Impact Class 9-10 a.m. Andy | I Aqua Fit Shallow 10-11 a.m. Marie-Anne Starts Oct 22 | I Sweat Effect 9-10 a.m. Beth | I Low Impact: Strength & Stretch 9:15-10:15 a.m. Jess | |
| | | R Gentle Fit for Seniors 11-12 p.m. Diana <u>Online Only</u> | I Covid Yoga 10:30- 11:30 a.m. Laura | | I Zumba 10:45-11:45 a.m. Susie | |
| | I Zumba 12-1 p.m. Carmen | | I Zumba 12-1 p.m. Susie | | | |
| No classes on Thanksgiving, Monday, October 12 | | | | R Gentle Fit for Seniors 1-2 p.m. Diana <u>Online Only</u> | R Shoulder Shape Up Only October 24 3:30- 5 pm Laura | |
| | R Ballet for Children 4-6 2:45-3:30 p.m. Jane | R Ballet for Children 4-6 2:45-3:30 p.m. Jane | | | | |
| R Yoga for Kids 5-9 yr olds 3:15-4 pm Heidi Starts Oct 19 | R Ballet for Children 4-6 4-4:45 p.m. Jane | R Ballet for Children 7-10 4-4:45 p.m. Jane | R Grrrls' Boot Camp 4-4:45 p.m. Jess | | | |
| F Spin 5:15-6:15 p.m. Courtney Starts Oct 19 | I Mountain Ready Fitness 5:15-6:15 p.m. Steve | F Spin 5:15-6:15 p.m. Courtney Starts Oct 14 | I Body Pump Boot Camp 5:15-6:15 p.m. Jess | | | |
| I Zumba 6:45-7:45 p.m. Carmen | F Dryland Training 6:45-7:45 p.m. Garret Starts Oct 13 | I Zumba 6:45-7:45 p.m. Rachel | F Dryland Training 6:45-7:45 p.m. Garret Starts Oct 15 | | | |
| | R Yoga Class Pass Mind & Body Stretch 7:30-8:30 p.m. Heather <u>ONLINE Only</u> | R Yoga Class Pass Slow Flow 7:30-8:30 p.m. Laura <u>ONLINE Only</u> | R Yoga Class Pass Stretch & Restore 7:30-8:30 p.m. Rya <u>ONLINE Only</u> | | | |

Sign up online for: **R** Registered and **I** Included classes
Sign up over the phone or in person for: **F** Flex reg classes

- No equipment sharing.
- Physical distancing guidelines followed.
- Please do not come to class if you are unwell or have been advised to self isolate.
- For your safety and the safety of our staff, max capacity of in-person classes are as follows:

| | | | |
|----------------------|----------|---------------------|---------------|
| Children's classes 6 | Zumba 10 | Yoga and Pilates 15 | All others 12 |
|----------------------|----------|---------------------|---------------|

- Participants are asked to please arrive max 5 min prior to the class start time.
- You will need to agree to the Verbal PAR-Q & the Verbal Covid-19 questionnaire prior to each 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

Included Classes Registration is online up to 72 hours in advance of the class

◆◆◆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.

◆◆◆◆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. You will push yourself harder when you workout with your friends, increasing your strength and cardio capacity.

◆◆◆◆Body Pump Boot Camp Get Strong, lean and fit with this class. Recruiting all the main muscle groups, this fun workout will get your muscles burning, your heart rate up and you'll leave sweaty, stronger and satisfied.

◆◆Yoga for Covid Times Change is the only thing that is constant in life. How we adapt and work with change has an effect on our lives. Change is real now, it has been for the past 4 months specially. 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 level. It will give you the chance to move your body, breathe, build resilience & reset.

◆◆◆◆High Impact This all body workout will focus on raising your heart rate and burn fat. Bring your smiles and positive vibes for a great class that will tick all your boxes.

◆◆◆Low Impact: Endurance Join this class to get a fun, full body workout in a safe and non-competitive environment. This class will challenge your cardiovascular capacity as well as muscular endurance and overall mobility. Suitable for everyone including seniors and those returning to exercise from injury.

◆◆◆Low Impact: Strength & Stretch Join this class to get a fun, full body workout in a safe and non-competitive environment. The goal of this class is to increase strength, balance and coordination. Suitable for everyone including seniors and those returning to exercise from

injury.

◆◆◆◆Mountain Ready Fitness Train your body for all your mountain life activities. Full body strengthening and core conditioning with targeted mobility and cardiovascular intervals. This class has you covered! Suitable for everyone looking to make the most of the mountain sports, from complete beginners to seasoned pro's.

◆◆Revive! Stretch and Roll Train Hard, Recover Harder. This class is for all levels focusing on mobility, core strength, flexibility and functional movement patterns. In class we'll open up the hips, lower back, hamstrings, calves, shoulders, back, and most importantly get your abs and hips firing to support all this great movement. Participants will benefit from the 'prehab to rehab' exercises that prevent injuries and help one recover from injuries faster. The class will include the use of balls and rollers and techniques such as self myofascial release and trigger point relief.

◆◆◆◆Sweat Effect Move with intention and plan to break some barriers of the same old thing. This high intensity, high impact, and fast moving class designed with creative exercise combinations and rep patterns will increase your metabolism, strength, and all 'round fitness levels.

◆◆◆◆Sweat it Out This high intensity interval class will leave you breathless. Class format will include 3-5 minute intervals of explosive exercises sandwiched with appropriate rest time so we can go again and again and again!

◆◆◆◆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.

F Flex Reg CLASSES

◆◆◆◆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. Sign up for 6 + classes & get 15% off. Whistler residents pay \$13/class . Non-residents pay \$17/class

◆◆◆◆Dryland Training Prepare yourself for an epic winter season through our six week pre-season conditioning program led by Meadow Park's Fitness Specialists. These specifically designed training sessions will take you through logical progressions of sport specific drills, plyometrics and lots of core stabilization. This class gets harder and harder each week building on skills, exercises and strength. So sign up for it all and commit to being the best you can be on snow this year! Sign up for 6 + classes & get 15% off. Whistler residents pay \$13/class . Non-residents pay \$17/class

◆◆◆Sunday Fun Day - Step Class! Having your own STEP and space is the perfect physical distanced workout! Join Liz for this is a classic and guaranteed to get your heart pumping. Follow along to fun and easy to learn step combinations designed to keep you moving and sweating. Finish off with some core and abs work and a good simple stretch. This class is only \$5!

◆◆Vinyasa Flow In this Vinyasa flow practice you can expect strong alignment focus, to be challenged, feel inspired but most importantly to laugh and let go. Offering modifications and variations throughout the class to give students the tools to cater their practice to their needs. All levels welcomed! Sign up for 6 + classes & get 15% off. Whistler residents pay \$13/class . Non-residents pay \$17/class

R REGISTERED CLASSES

◆◆Ballet for Children 4-6 yrs old 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. Ballerinas will put on a small performance for parents on the last day.

◆◆Ballet for Children 7-10 yrs old 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

◆◆◆Gentle Fit for Seniors ONLINE 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. Whistler Residents pay \$60 for all of October

◆◆◆◆Grrrls' 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. If your 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!

◆◆Pilates Mat Class Online Roll out your mat in the comfort of your home, and join Rya online for a whole body class with emphasis on strengthening your centre and moving with precision. Includes Pilates fundamentals and Classical based exercises and sequencing. Great for all different abilities. No Class Oct 10th. 4 weeks = \$48 for Whistler residents. 4 weeks = \$60 for non-residents. Zoom Link will be emailed to class list days prior to class start date.

◆◆Yoga Class Pass Online

Whistler Residents pay \$60 for all of October

◆◆Mind and Body Stretch End your hectic day with slow paced movements and stretches that are easy on the body and the brain. Reap both physical and mental benefits while we slowly move between poses with a focus on proper technique, body placement, and breathing. If you're looking for a class that will loosen your muscles and mind in a non-competitive environment, then this one is for you.

◆◆Slow Flow Yoga Take time at the end of your day to slow down and spend some conscious time in your body. Reset and recalibrate with this slow, flow style class. You will get the chance to move your body, breathe with intention, process stress and build resilience.

◆◆Stretch and Restore Yoga Unwind from your day in this calming class. This style of yoga compliments an active lifestyle, both on the physical and mental levels! Class includes conscious movement and stretches designed to help overall range of motion and tissue health, via both gentle flow and restorative postures. This practice is also an opportunity for meditation

Ask us about our personal training options. We look forward to working with you!

Sweat drops *denote intensity you can expect from the class:*

5 drops is HIGHEST intensity
◆◆◆◆◆

1 drop is a more relaxing, mindful and stretchy. ◆



Register and view online:
whistler.ca/recreation

Information line:
604-935-PLAY (7529)