### MONDAY
- **Low Impact: Endurance** 7:30 a.m. Steve
- **Gentle Fit for Seniors** 9-10 a.m. Marie-Anne Online Only
- **Mountain Ready Fitness** 9-10 a.m. Steve

### TUESDAY
- **Sweat Effect** 7:30 a.m. Beth
- **Low Impact: Strength & Stretch** 9-10 a.m. Beth
- **Aquafit Deep** 10-11 a.m. Marie-Anne Starts Oct 20
- **Vinyasa Flow** 10:30-11:30 a.m. Hailey
- **Zumba** 12-1 p.m. Carmen

### WEDNESDAY
- **Low Impact: Endurance** 7:30 a.m. Andy
- **High Impact Class** 9-10 a.m. Andy
- **Gentle Fit for Seniors** 11-12 p.m. Diana Online Only

### THURSDAY
- **Sweat It Out** 7:30 a.m. Louise
- **Low Impact: Strength & Stretch** 9-10 a.m. Louise
- **Aquafit Shallow** 10-11 a.m. Marie-Anne Starts Oct 22
- **Coud Yoga 10:30-11:30 a.m. Laura
- **Zumba** 12-1 p.m. Carmen

### FRIDAY
- **Low Impact: Endurance** 7:30 a.m. Beth
- **Body Pump Boot Camp** 7:45-8:45 a.m. Jess
- **Pilates Mat Class** 9-10 a.m. Rya Online Only No class Oct 10th
- **Sweat Effect** 9-10 a.m. Beth
- **Low Impact: Strength & Stretch** 9:15-10:15 a.m. Jess
- **Zumba** 10:45-11:45 a.m. Susie

### SATURDAY
- **Gentle Fit for Seniors** 1-2 p.m. Diana Online Only

### SUNDAY
- **No class on Thanksgiving , Monday, October 12**
- **Sunday Fun Day— Step!  $5** 8:30-9:30 a.m. Liz

### Sign up online for:
- **Registered and Included classes**
- **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.**
**Included Classes**

**Includes 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 cardiovascular 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 sweat with military style drills body weight exercises, cardio intervals and strength training in a fun group setting. Set your pulse quicken 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 time.

- **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, 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 release.

- **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 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.

**Flexible Class Options**

- **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.

- **Oxyland Training** Prepare yourself for an epic winter season through our six week preseason conditioning program 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 distance workout! Join Liz for this a class 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 welcome! Sign up for 6 + classes & get 15% off. Whistler residents pay $13/class. Non-residents pay $17/class.

**REGISTERED CLASSES**

- **Ballet for Children 4-6 yrs old**_ Explore the world of ballet through movement, 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 participation, trust 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 4 weeks. Non-residents pay $75 for all of 4 weeks.

- **Grrrls' Boot Camp**_ Girls’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 you need a new 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 lean 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 center and moving with precision. Includes Pilates fundametals and Classical based exercises and sequencing. Great for all different abilities.

- **Sunday Fun Day - Step Class**_ Join us for this low impact fun dance party™. No dance experience required. Bring a smile and your sneakers and get ready to have fun dancing away the pounds.

- **Vinyasa Flow**_ Transform your body, mind, and spirit through the power of movement. This class brings the best of yoga and Pilates together in a flowing, fluid form with a focus on alignment.

- **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.

**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 = HIGHEST intensity
- 4 drops = More intense
- 3 drops = Intense
- 2 drops = Moderate
- 1 drop = A more relaxing, mindful and stretchy.

**Class Descriptions**

**FREE**

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**Information line:** 604-935-PLAY (7529)