## September 2020

Schedule subject to change without notice

### Fitness Class Schedule

#### Monday
- **Low Impact**
  - 7:00-8:00 a.m. (7:30-8:30 a.m. starting Sept. 14)
  - Steve
- **Gentle Fit for Seniors**
  - 9:00-10:00 a.m.
  - Marie-Anne
  - Starts Sept. 14
  - Online Only
- **Mountain Ready Fitness**
  - 9:00-10:00 a.m.
  - Steve

#### Tuesday
- **Sweat Effect**
  - 7:00-8:00 a.m. (7:30-8:30 a.m. starting Sept. 8)
  - Beth
- **Low Impact**
  - 7:00-8:00 a.m.
  - Andy
- **Gentle Fit for Seniors**
  - 9:00-10:00 a.m.
  - Diana
  - Starts Sept. 9
  - Online Only
- **High Impact Class**
  - 9:00-10:00 a.m.
  - Andy

#### Wednesday
- **Low Impact**
  - 7:00-8:00 a.m. (7:30-8:30 a.m. starting Sept. 9)
  - Louise
- **Gentle Fit for Seniors**
  - 9:00-10:00 a.m.
  - Diana
  - Starts Sept. 11
  - Online Only
- **Low Impact**
  - 9:00-10:00 a.m.
  - Louise

#### Thursday
- **Sweat It Out**
  - 7:00-8:00 a.m.
  - Beth
- **Low Impact**
  - 7:00-8:00 a.m.
  - Louise
- **Low Impact**
  - 9:00-10:00 a.m.
  - Louise

#### Friday
- **Body Pump Boot Camp**
  - 7:00-8:00 a.m. (7:30-8:30 a.m. starting Sept. 12)
  - Jess
- **Low Impact**
  - 9:00-10:00 a.m.
  - Jess

#### Saturday
- **Covid Yoga**
  - 10:30-11:30 a.m.
  - Laura
- **Zumba**
  - 10:30-11:30 a.m.
  - Susie

#### Sunday
- **Zumba**
  - 6:00-7:00 p.m.
  - Carmen
- **Boot Camp**
  - 6:00-7:00 p.m.
  - Andy/Beth
- **Zumba**
  - 6:00-7:00 p.m.
  - Rachel

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### Notes:
- All September classes are included with your membership. Sept. 1-6, classes will also be included with the August COVID Class Pass.
- No classes on Labour Day, Sept. 7.
- Classes will be outdoors from Sept. 1-6. In the case of inclement weather, the class will go online via Zoom. Please call 604-935-PLAY to be added to the email distribution list. Outdoor classes will meet at the SE end of the MPSC parking lot. When you arrive, check in with the instructor with photo ID. Bring your own mat. Dress for the weather.
- From Sept. 8 onwards, classes will be held inside, in the studio.
- Registration will be online from Sept. 8 onwards, up to 72 hours in advance of the class. Visit whistler.ca/fitness for more details.
- No sharing of equipment. Physical distancing guidelines in effect.
- Please do not come to class if you are unwell or have been advised to self isolate.
- Indoor classes will be capped at 15 people.
- Participants are asked to please arrive 5-10 minutes prior to the class start time.
- You will need to agree to the verbal PAR-Q and the verbal Covid-19 questionnaire prior to each class.
Join us for the 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.

**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**

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. With Andy.

**Low Impact: Strength & Stretch**

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. With Beth, Steve, Lou, Andy.

**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. With Steve.

**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. With Beth.

**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! With Louise

**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. With Carmen Rachel and Susie

**Covid Yoga**

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, 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. It will give you the chance to move your body, breathe, build resilience and reset. With Jess.

**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. With Andy.

**High Impact**

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