



Meadow Park Sports Centre

FITNESS CLASSES, PROGRAMS & SERVICES

September 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
<p>Low Impact 7-8 a.m. (7:30-8:30 a.m. starting Sept. 14) Steve</p> <p>Gentle Fit for Seniors 9-10 a.m. Marie-Anne Starts Sept. 14 Online Only</p> <p>Mountain Ready Fitness 9-10 a.m. Steve</p>	<p>Sweat Effect 7-8 a.m. (7:30-8:30 a.m. starting Sept. 8) Beth</p> <p>Low Impact: Strength & Stretch 9-10 a.m. Beth</p> <p>Zumba 12-1 p.m. Carmen</p> <p>Boot Camp 6-7 p.m. Andy/Beth</p>	<p>Low Impact 7-8 a.m. (7:30-8:30 a.m. starting Sept. 9) Andy</p> <p>Gentle Fit for Seniors 9-10 a.m. Diana Starts Sept. 9 Online Only</p> <p>High Impact Class 9-10 a.m. Andy</p> <p>Zumba 6-7 p.m. Rachel</p>	<p>Sweat It Out 7-8 a.m. (7:30-8:30 a.m. starting Sept. 10) Louise</p> <p>Low Impact 9-10 a.m. Louise</p> <p>Covid Yoga 10:30-11:30 a.m. Laura</p> <p>Zumba 12-1 p.m. Susie</p>	<p>Low Impact 7-8 a.m. (7:30-8:30 a.m. starting Sept. 11) Beth</p> <p>Gentle Fit for Seniors 9-10 a.m. Diana Starts Sept. 11 Online Only</p> <p>Sweat Effect 9-10 a.m. Beth</p>	<p>Body Pump Boot Camp 7-8 a.m. (7:30-8:30 a.m. starting Sept. 12) Jess</p> <p>Low Impact 9-10 a.m. Jess</p> <p>Zumba 10:30-11:30 a.m. Susie</p>	
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>No classes on Labour Day, Monday, September 7</p> </div>						

- 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..

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.

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.

INCLUDED CLASSES

◆◆◆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. With Marie-Anne .

◆◆◆◆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. With Andy .

◆◆◆◆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 Jess.

◆◆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 monthse 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 and reset. With Laura.

◆◆◆Gentle Fit for Seniors

(Registered Program)

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

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

5 drops is HIGHEST intensity
◆◆◆◆

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

- All September classes are included with pass. (10-20-30x or monthly or annual) Sept 1-6th classes will also be included with the CoVid class pass for August

- Registration is online from September 8th onwards up to 72 hours in advance of the class
- NO CLASSES ON SEPTEMBER 7th Labour Day
- Sept 1-6th classes will be OUTDOORS afterwards classes will be INSIDE the studio.
- In the case of inclement weather the class will be online September 1-6. You will get an email 1 hr before the class if the class goes online with the ZOOM link. Meet at SE end of MPSC parking lot. When you arrive check in with the instructor with photo ID, instructor will sign you in.
- For outdoors: Bring your own mat. Dress for the weather. Wear sunscreen and
- No equipment sharing.
- Physical distancing guidelines followed.
- Please do not come to class if you are unwell or have been advised to self isolate.
- INDOOR CLASSES 15 people MAX!
- Participants are asked to please arrive 5-10 min 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 outdoor class.

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



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