### MONDAY
- **ONLINE** Low Impact: Strength and Stretch 7:15-8:15 a.m. 
  Steve
- **ONLINE** Mountain Ready Strength Structure 8:45-9:45 a.m. 
  Steve
- **ONLINE** Gentle Fit for Seniors 9-10 a.m. 
  Diana
- **OPEN STUDIO** 7:15-8:15 a.m. 
  Beth
- **AQUA FIT DEEP** 10:11 a.m. 
  M.A.
- **NEW!** Boys’ Strength Boot Camp 5:15-6 p.m. 
  Andy
- **ONLINE** Mind and Body Stretch 6:45-7:45 a.m. 
  Heidi

### TUESDAY
- **Low Impact: Strength and Stretch** 7:15-8:15 a.m. 
  Andy
- **Low Impact: Strength and Stretch** 8:45-9:45 a.m. 
  Beth
- **Tighten and Tone** 10:15-11:15 a.m. 
  Beth
- **NEW!** Boys’ Strength Boot Camp 4-4:45 p.m. 
  Andy
- **ONLINE** Mountain Ready Strength Structure 5:15-6:15 p.m. 
  Steve
- **ONLINE** Low Impact Strength and Stretch 5:15-6:15 p.m. 
  Garret
- **ONLINE** Mind and Body Stretch 6:45-7:45 p.m. 
  Heidi
- **ONLINE** Low Impact Strength and Stretch 7:15-8:15 a.m. 
  Louise

### WEDNESDAY
- **Low Impact: Strength and Stretch** 7:15-8:15 a.m. 
  Andy
- **Low Impact: Strength and Stretch** 8:45-9:45 a.m. 
  Beth
- **Gentle Fit for Seniors** 11 a.m.-12 p.m. 
  Diana
- **ONLINE** Mind and Body Stretch 6:45-7:45 p.m. 
  Heidi
- **ONLINE** Low Impact Strength and Stretch 7:15-8:15 a.m. 
  Louise
- **ONLINE** Mountain Ready Strength Structure 5:15-6:15 p.m. 
  Steve
- **ONLINE** Low Impact Strength and Stretch 5:15-6:15 p.m. 
  Garret
- **AQUA FIT SHALLOW** 10-11 a.m. 
  M.A.

### THURSDAY
- **Strength Builder** 7:15-8:15 a.m. 
  Louise
- **Low Impact: Strength and Stretch** 7:15-8:15 a.m. 
  Beth
- **Slow Flow Yoga** 10:15-11:15 a.m. 
  Laura
- **ONLINE** Slow Flow Yoga 5:15-6:15 p.m. 
  Laura
- **ONLINE** Strength Glutes & Core 5:15-6:15 p.m. 
  Jess

### FRIDAY
- **ONLINE** Strong Glutes and Core 7:45-8:45 a.m. 
  Jess
- **NEW!** Boys’ Strength Boot Camp 5:15-6 p.m. 
  Andy
- **ONLINE** Strong Glutes and Core 5:15-6:15 p.m. 
  Jess
- **ONLINE** Mountain Ready Strength Structure 5:15-6:15 p.m. 
  Steve
- **ONLINE** Low Impact Strength and Stretch 7:15-8:15 a.m. 
  Louise

### SATURDAY
- **NEW!** Boys’ Strength Boot Camp 4-4:45 p.m. 
  Andy
- **ONLINE** Gentle Fit for Seniors 1-2 p.m. 
  Marie-Anne
- **Ballet for Children** 3:30-4:45 & 4:15-5 p.m. 
  Jane

### SUNDAY

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**February 1-7, 2021**

Some classes are online via Zoom
Some classes are in person

**Schedule subject to change without notice**

Register and view online: whistler.ca/recreation
Information line: 604-935-PLAY (7529)

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Note:
- **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.**
Incorporating full body strengthening, balance, core control and targeted mobility, this class will help restore imbalances, increase your strength and have you feeling great for your days on the hill. Low intensity throughout, this class is suitable for anyone looking to make the most out of their mountain sports, from complete beginners to seasoned pros.

New! Open Studio with Beth BYOProgram or ask for guidance during this open studio facilitated by certified personal trainer and group fitness instructor Beth Dunlop. Enjoy unlimited use of the studio weights, mats, medicine balls and other tools to do your workout in a semi-private setting with your own personal space. Be accountable! And sign up for your 1st spot up to 72 hrs in advance.

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.

Strength Builder: This muscular endurance-focused class will help you build strength in all the major muscle groups of the body. Classes will include isometric holds, pulses, and high rep ranges to enhance strength and stability for all your activities outside of the gym.

Strong Glutes & Core Time to get specific with Glutes and Core and target the body parts that tend to get lazy. This class will focus on corrective work, focusing on those strong foundations to promote healthy glutes and an active core, mobile hips, aiding injury prevention and even making some aesthetic gains!

Tighten and Tone: Looking to T & T? No sweat! Literally. We’ll use all the right moves to isolate both small and large muscles with different toning techniques from head to toe! Get ready to pulse and pump in this lo-impact class suitable for everyone.

Aqua Fit: Deep/Shallow: Join us for this refreshing aerobic workout if you want to train your cardio vascular system in a new environment, 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. Splash your way into shape with invigorating low-impact aquatic exercises classes that are INCLUDED with your admission fee or pass. We will stay within the new Public Health Order guidelines and keep it low intensity and max only 10 people per class.

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.

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.

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.

Mountain Ready Strength and Structure: Train with the mountains in mind. Incorporating full body strengthening, balance, core control and targeted mobility, this class will help restore imbalances, increase your strength and build resilience.

Subtle Power Yoga: The "Power" in power yoga comes from the ability to acknowledge, draw from, find, harness, bring to the surface the subtle power that already exists in all of us. This yoga class will provide intentional, focused movement to the rhythm of your own breath in order, to harness your own inner power. Focus on building strength and resilience in your own body, whilst moving within the confines of your own mat. $5 /person /class for Whistler Residents or $6.75 /person /class for non-Whistler Residents

Barre: Ballet Inspired Fitness: This muscular class focuses on small intense movements that are intended to fire up your core and glutes while strengthening your arms and back, like a ballet dancer. By using small controlled movements, isometric holds, and high repetitions, you will develop a strong, long, lean physique in no time. We will extend our arms right to the finger tips, point toes, plie, be in first and second position while working out to music. This is a light-hearted and fun workout! Available to anyone. No prior ballet experience necessary. 9 people max. $5 /person /class for Whistler Residents or $6.75 /person /class for non-Whistler Residents

Subtle Power Yoga: The "Power" in power yoga comes from the ability to acknowledge, draw from, find, harness, bring to the surface the subtle power that already exists in all of us. This yoga class will provide intentional, focused movement to the rhythm of your own breath in order, to harness your own inner power. Focus on building strength and resilience in your own body, whilst moving within the confines of your own mat. $5 /person /class for Whistler Residents or $6.75 /person /class for non-Whistler Residents

Boys’ Strength Boot Camp: is a fun workout for everyone looking to kick start their fitness goals. The 45 min classes are a mix of mobility, 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.

Girls’ Strength Boot Camp: is a fun workout for everyone looking to kick start their fitness goals. The 45 min classes are a mix of mobility, 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! Scheduled to start Feb 18 if we get 5 girls signed up.

Flex Reg CLASSES

NEW! Barre: Ballet Inspired Fitness.

REGISTERED CLASSES

NEW! Boys’ Strength Boot Camp. is a fun workout for everyone looking to kick start their fitness goals. The 45 min classes are a mix of mobility, 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.

Grrrls’ Strength Boot Camp: is a fun workout for everyone looking to kick start their fitness goals. The 45 min classes are a mix of mobility, 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! Scheduled to start Feb 18 if we get 5 girls signed up.

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