Meadow Park Sports Centre

FITNESS CLASSES, PROGRAMS & SERVICES

January 11-17, 2020

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)

FITNESS CLASS SCHEDULE

MONDAY

IN PERSON
Low Impact: Strength and Stretch
7:15-8:15 a.m.
Steve

IN PERSON
Mountain Ready Strength Structure
8:45-9:45 a.m.
Steve

ONLINE
Gentle Fit for Seniors
9-10 a.m.
Diana

TUESDAY

ONLINE
Sweat Effect
7:30-8:30 a.m.
Beth

IN PERSON
Low Impact: Strength & Stretch
8:45-9:45 a.m.
Beth

ONLINE
ZUMBA
9-10 a.m.
Carmen

IN PERSON
AQUA FIT DEEP
10-11 a.m.
M-A

IN PERSON
Mind-Body Stretch & Core
10:15-11:15 a.m.
Beth

WEDNESDAY

IN PERSON
Low Impact: Strength and Stretch
7:15-8:15 a.m.
Andy

IN PERSON
Low Impact: Strength & Stretch
8:45-9:45 a.m.
Andy

ONLINE
High Impact Class
9-10 a.m.
Andy

ONLINE
Gentle Fit for Seniors
11 a.m.-12 p.m.
Diana

THURSDAY

IN PERSON
Strength Builder
7:15-8:15 a.m.
Louise

IN PERSON
Low Impact: Strength & Stretch
8:45-9:45 a.m.
Louise

ONLINE
Sweat Effect
9-10 a.m.
Beth

IN PERSON
Gentle Fit for Seniors
11-12 a.m.
M-A

FRIDAY

IN PERSON
Low Impact: Strength and Stretch
7:15-8:15 a.m.
Beth

IN PERSON
Low Impact: Strength & Stretch
8:45-9:45 a.m.
Louise

ONLINE
ZUMBA
10:30-11:30 a.m.
Susie

SATURDAY

IN PERSON
Yoga for Kids
6-9 yrs.
ad
10:45-11:45 a.m.
Heidi

SUNDAY

IN PERSON
AQUA FIT DEEP
10-11 a.m.
M-A

IN PERSON
Mind-Body Stretch & Core
10:15-11:15 a.m.
Heather

IN PERSON
Slow Flow Yoga
10:15-11:15 a.m.
Laura

IN PERSON
Sudha Power Yoga
12 p.m.
Laura

IN PERSON
Boys’ Strength Boot Camp
4-4:45 p.m.
Andy

IN PERSON
Girls’ Strength Boot Camp
4-4:45 p.m.
Jess

IN PERSON
Yoga for Kids
6-9 yrs.
ad
10:45-11:45 a.m.
Heidi

Sign up online for all classes at least 30 minutes prior to start time.
www.resortmunicipalityofwhistler.perfectmind.com

For online classes, a ZOOM link will be sent to participants via email 30 min. prior to the class start time.

To sign up for online classes within 30 minutes of the class start time, please call 604-935-PLAY (7529). You will be sent the link upon sign up.

You will need to agree to the verbal PAR-Q each class.

IN PERSON classes will require physical distancing and masks to be worn before and after the class.

IN PERSON participants are asked to arrive no earlier than 10 min. prior to class.

IN PERSON classes will be a max of 9 participants.

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 Classes: 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): 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.
environment, then this one is for you.

muscles and mind in a non-body placement, and breathing. If you’re poses with a focus on proper technique, benefits while we slowly move between stretches that are easy on the body and the day with slow paced movements and exercise from injury.

increase strength, balance and

environment.

a safe and non-shoes.

Low Impact: Strength & Stretch

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 in 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.

High Impact This all body workout will focus on raising your heart rate and burn fat. Bring your smiles and positive attitude for a fun dancing away the pounds. and your sneakers and get ready to have a dancing party™. No dance experience required. Bring a smile and have fun dancing away the pounds. and Child/Children together. Children must be at least 5 years old. $72 for 6 weeks per Whistler resident child. $78 per non-Whistler resident child.

Family Yoga Family yoga is a fun and lively class bringing families together. Using group and partner poses family members can reconnect with each other and find their playful side! Breath practices will be explored to calm, physical postures to build strength and flexibility. The class is an informal and active session giving kids and parents alike permission to PLAY! Everyone is welcome! Parent/Guardian and Child/Children together. Children must be at least 5 years old. $72 for 6 weeks per Whistler family. $95 for 6 weeks per non-Whistler family.

Gentle Fit for Seniors ONLINE & IN PERSON 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 Mon and Wed ONLY. Fridays is In-person OR ONLINE. Whistler Residents pay $60 for whole month. Non-residents pay $80.

Grrms’ 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!

Yoga for Kids 6-9 yrs old. Throughout this series, we will be working on strength, resilience/regulation while exploring calming. Sessions will encourage self-awareness and self-expression through yoga poses, breath work, creative play, and sound in a non-competitive atmosphere. We will also focus on curiosity and building confidence. The class environment is inclusive, with no experience necessary. Come move and breathe with Heidi. For 6 weeks: $60 per Whistler resident child. $78 per non-Whistler resident child.