### MONDAY

- **IN PERSON**
  - Low Impact: Strength and Stretch
    - 7:15-8:15 a.m.
    - Steve
  - Mountain Ready Strength Structure
    - 8:45-9:45 a.m.
    - Steve
  - ONLINE
    - Gentle Fit for Seniors
      - 9-10 a.m.
      - Diana

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

### TUESDAY

- **IN PERSON**
  - Low Impact: Strength and Stretch
    - OPEN STUDIO
      - 7:15-8:15 a.m.
      - Beth
  - Low Impact: Strength & Stretch
    - 8:45-9:45 a.m.
    - Beth
  - AQUA FIT DEEP
    - 10-11 a.m.
    - M-A
  - Mind-Body Stretch & Core
    - 10:15-11:15 a.m.
    - Beth

- **ONLINE**
  - 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
  - Low Impact: Strength & Stretch
    - 8:45-9:45 a.m.
    - Andy
  - Slow Flow Yoga
    - 10:15-11:15 a.m.
    - Laura

- **ONLINE**
  - Slow Flow Yoga
    - 10:15-11:15 a.m.
    - Laura

### THURSDAY

- **IN PERSON**
  - Low Impact: Strength and Stretch
    - 7:15-8:15 a.m.
    - Louie
  - Low Impact: Strength & Stretch
    - 8:45-9:45 a.m.
    - Louie
  - Strong Glutes & Core
    - 5:15-6:15 p.m.
    - Jess

- **ONLINE**
  - Strong Glutes & Core
    - 5:15-6:15 p.m.
    - Jess

### FRIDAY

- **IN PERSON**
  - Low Impact: Strength and Stretch
    - 7:15-8:15 a.m.
    - Beth
  - Strength Builder
    - 7:15-8:15 a.m.
    - Beth
  - Open Studio
    - 8:45-9:45 a.m.
    - Beth

- **ONLINE & IN PERSON**
  - Gentle Fit for Seniors
    - 1-2 p.m.
    - Marie-Anne

### SUNDAY

- **IN PERSON**
  - Boys’ Strength Boot Camp
    - 4-4:45 p.m.
    - Andy
  - Slow Flow Yoga
    - 8:45-9:45 a.m.
    - Andy
  - Mountain Ready Strength Structure
    - 5:15-6:15 p.m.
    - Steve
  - Mind and Body Stretch
    - 6:45-7:45 p.m.
    - Heather

### January 25-31, 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)

**Included Classes**
- 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.

**Age 16+ required for Fitness Centre and classes. Classes are not offered on statutory holidays.**

**Pre-registration is required for the entire set of classes.**
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.

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 have you feeling great for your days on the hill. Low intensity throughout, this class is suitable for everyone looking to make the most out of their mountain sports, from complete beginners to seasoned pros.

Open Studio with Beth BYOProgram or ask for guidance during this open studio time facilitated by certified personal trainer and group fitness instructor Beth Dunlop. Enjoy unlimited use of the studio weights, matts, 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 1hr spot today.

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!

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.

Flex Reg CLASSES

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, focussed 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

Mind-Body Stretch & Core Let’s get loose! We’ll use flowing mobility and core exercises to prepare us for a focused flexibility session in this low-impact combination class. $5 /person /class for Whistler Residents or $6.75 /person /class for non-Whistler Residents

Body Stretch & Core This class is all about finding balance and focus in your body. The goal is to heighten your awareness of your body and the surrounding environment. The class includes breathing and visualization exercises, awareness of body alignment, and stretching.

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 everyone looking to make the most out of their mountain sports, from complete beginners to seasoned pros.

The goal of this class is to train your cardio vascular system in a competitive environment. This class will focus on raising your heart rate and making some aesthetic gains!

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, focussed 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

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.

This all body workout 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.

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 in a non-competitive program!

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!

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.

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 aquatics 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.

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.

Low Impact: Strength & Stretch A safe and non-competitive alternative for those wanting a low impact aerobic workout. Looking for a class that will loosen your body placement, and breathing. If you’re thinking about taking a class that will loosen your muscles and mind in a non-competitive environment, this one is for you.

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.

Final Reg CLASSES

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, focussed 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

Mind-Body Stretch & Core Let’s get loose! We’ll use flowing mobility and core exercises to prepare us for a focused flexibility session in this low-impact combination class. $5 /person /class for Whistler Residents or $6.75 /person /class for non-Whistler Residents

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.

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 in a non-competitive program!

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!