



# Meadow Park Sports Centre

## FITNESS CLASSES, PROGRAMS & SERVICES

April 2025

\*\*Schedule subject to change\*\*

Register and view online:  
[whistler.ca/recreation](http://whistler.ca/recreation)

Information line:  
604-935-PLAY (7529)

### FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>I</b> Mountain Ready Conditioning 7:30-8:30 a.m. Steve</p>	<p><b>I</b> Low Impact Strength 7:30-8:30 a.m. Andy</p>	<p><b>I</b> Spin Mixer 7:30-8:30 a.m. Sylvie</p>	<p><b>I</b> Strength &amp; Cardio 7:30-8:30 a.m. Lou</p>	<p><b>I</b> Strength in Play 7:30-8:30 a.m. Anna</p>	<p><b>I</b> Strength &amp; Stability 7:30-8:30 a.m. Lauren</p>	
	<p><b>I</b> Aqua Fit Deep End 8:45-9:45 a.m. Marie-Anne</p>	<p><b>I</b> Dance Fitness 9-10 a.m. Mel L <i>NEW! Apr 2 only!</i></p>	<p><b>I</b> Aqua Fit Shallow End 8:45-9:45 a.m. Marie-Anne</p>			
<p><b>F</b> Yin &amp; Yang Yoga 9-10 a.m. Heidi</p>	<p><b>I</b> Cardio Circuit 9-10 a.m. Andy</p>	<p><b>I</b> Step 9-10 a.m. Liz <i>Except Apr 2</i></p>	<p><b>I</b> Strength &amp; Stability 9-10 a.m. Lou</p>	<p><b>I</b> Functional Strength &amp; Conditioning 9-10 a.m. Anna</p>	<p><b>I</b> Low Impact Strength 9-10 a.m. Lauren</p>	
<p>No classes on Easter Monday, April 21!</p>			<p><b>R</b> Enduro Swim 10-11 a.m. Hector <i>Apr 10- May 29</i></p>	<p><b>R</b> The M Class 10:30-11:30 a.m. Mel K <i>Apr 4-May 2</i></p>	<p><b>I</b> Zumba 10:30-11:30 a.m. Susie</p>	
		<p><b>I</b> Gentle Fit 12:30-1:30 p.m. Steve</p>	<p><b>R</b> Mom &amp; Baby 2.0 10:30-11:30 a.m. Lou <i>Apr 3-24</i></p>	<p><b>I</b> Gentle Fit 12:30-1:30 p.m. Marie-Anne</p>		
		<p><b>R</b> <i>NEW!</i> Girls Fit4Life 3:45-4:45 p.m. Lauren <i>Apr 9- May 14</i></p>	<p><b>R</b> <i>NEW!</i> Girl Lift Club 3:45-4:45 p.m. Julia <i>Apr 3-24</i></p>	<p>No classes on Good Friday, April 18!</p>		
<p><b>I</b> Strength in Play 5:15-6 p.m. Anna</p>	<p><b>I</b> Full Body HIIT 5:30-6:30 p.m. Andy</p>	<p><b>I</b> TRX Mixer 5:15-6:15 p.m. Mel L</p>	<p><b>R</b> Prenatal Fitness 5:15-6:15 p.m. Sara <i>Apr 3-24</i></p>	<p>Sign up online: <a href="http://www.resortmunicipalityofwhistler.perfectmind.com">www.resortmunicipalityofwhistler.perfectmind.com</a></p>		
	<p><b>F</b> Spin 6-7 p.m. Courtney</p>		<p><b>F</b> Spin 6-7 p.m. Courtney</p>			
<p><b>I</b> Zumba 6:15-7:15 p.m. Carmen</p>	<p><b>F</b> Slow Flow Yoga \$10 class 7:15-8:15 p.m. Nicki</p>	<p><b>I</b> Functional Strength &amp; Conditioning 6:30-7:30 p.m. Mel K</p>	<p><b>F</b> Mountain Bike Fit 6:30-7:30 p.m. Julia <i>NEW!</i></p>			
			<p><b>I</b> Trigger Point &amp; Core 7:45-8:45 p.m. Andy <i>NEW TIME!</i></p>			

**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.

Schedule subject to change without notice.

## INCLUDED CLASSES

*Registration for included classes is available online up to 72 hours in advance of the class.*

### ◆◆◆ Aqua Fit Deep/Shallow End

Refreshing low impact aerobic workout if you want to train your cardio vascular system in a new environment, are coming back to training after an injury.

### ◆◆◆◆ Cardio Circuit

This full-body circuit class combines cardio, weights, and abs in a circuit format suitable for all fitness levels. It is designed to build strength and boost cardiovascular endurance. Each session includes a comprehensive warm-up, a cardio and weights segment, an ab-focused circuit, and a thorough cool-down stretch.

### ◆◆◆◆ Dance Fitness

A high-energy, beginner dance workout featuring a mix of music styles: Forget 5-6-7-8 or left foot/right foot combos, there are only 3 rules to follow in this class: Be Positive. Be Fun. Be Yourself! Not a dancer - no problem! Come learn easy steps, bust a move and #sweathappy

### ◆◆◆◆◆ Full Body HIIT

A full body interval workout for all levels. This class incorporates body weight exercises and cardio interval training to get your body moving and your heart rate up. With an emphasis on form, the aim of this class is to encourage you to love moving your body.

### ◆◆◆◆ Functional Strength & Conditioning

A high intensity, circuit training class incorporating a variety of compound exercises to build overall strength and fitness applicable to your everyday life.

### ◆◆◆ Gentle Fit

'Use it or Lose it' the saying goes! Join this session to get moving at your pace. Gain strength, flexibility, better posture, balance, coordination and agility.

### ◆◆◆ Low Impact Strength

The goal of this class is to increase strength, balance and coordination. Suitable for everyone including seniors and those returning to exercise from injury.

### ◆◆◆◆ Mountain Ready Conditioning

Higher intensity class will help build your engine and increase your capacity to go further, faster and for longer. Expect some metabolic conditioning ,building power and endurance on the trails. All sessions are scaled appropriately and will benefit all.

### ◆◆◆◆ Spin Mixer

A combo of spin intervals followed by core and mobility exercises. Get your heart rate up then work out the kinks.

### ◆◆◆◆ Step

This is a classic and guaranteed to get your heart pumping. Follow along to fun and easy to learn step combinations designed to keep you moving and sweating. Finish off with some core and abs work and a good simple stretch.

### ◆◆◆ Strength in Play

This isn't your typical fitness class. Strength in Play invites you to explore the full range of motion your body was made to do—movements that may have been forgotten in today's sedentary, convenience-driven lifestyle. Step away from the traditional gym routine and discover new ways to move, strengthen, and stretch in a class designed to be playful, creative, and refreshing.

### ◆◆◆◆ Strength & Cardio

High intensity class incorporating strength work with cardio to build strength and fitness throughout the whole body.

### ◆◆◆ Strength & Stability

Spend a whole hour creating a stronger, more stable you.

### ◆◆ Trigger Point & Core

The class starts with a core routine, designed to realign hips & lower back and increase stability. It then moves into the trigger pointing and myofascial release using several different techniques, designed to aid in recovery and help with injury management and prevention.

### ◆◆◆◆ TRX Mixer

TRX Mixer is a strength focused high intensity interval circuit session! Build lean muscle while using the weight of your body as your source of resistance. This is a circuit style class including TRX and whatever other equipment the instructor chooses.

### ◆◆◆ Zumba

This class is an exhilarating, easy-to-follow, Latin-inspired, dance fitness-party™ No dance experience required.

## REGISTERED PROGRAMS

### ◆◆◆ Girls Fit4Life

Girls FIT 4 Life is a fun, empowering fitness class designed for everyday girls looking to live a healthy, active lifestyle. This class focuses on building strength, improving confidence, and promoting overall wellness through fun, engaging workouts. Participants will take part in a variety of exercises that improve fitness, boost energy, and help them feel stronger both physically and mentally. Whether you're new to fitness or just looking to stay active, this class is all about supporting each other on the journey to a healthier, more confident life.

### ◆◆◆◆ Girls Lift Club

Girls lift club is a Strength and Conditioning class aimed for Girls 13-17 who want to improve on their strength and fitness to excel in their sports or become more competent in their lifts. The sessions will introduce the athletes to plyometric, mobility and strength-based exercises. The class will be in a supervised and supporting environment to allow progression and development of athletic abilities. Note: Must have completed Youth On Weights.

### ◆◆◆◆ Mom & Baby

This baby friendly class allows Mom to get a great workout AND attend to baby's needs at any time. Each class provides a full body workout: cardio, muscular endurance, postnatal specific core work and flexibility. This is NOT a return to fitness class. Participants need to have done their rehab and have been cleared by pelvic floor physio to return to regular activities. This class is intended for moms to have a place to gather and exercise with their babies and to continue to build upon their strength. Benefit from increased energy, improved posture, less aches and pains and a stronger core. This is a fantastic opportunity to connect with other new moms in your community. Important: Babies need to be in a fairly immobile state for safety reasons. No fast crawlers and definitely no walkers please.

### ◆◆◆ Prenatal Fitness

Experience a more energetic pregnancy and meet other moms in the community. Each class will include prenatal specific core work and a full body workout, while reducing pregnancy related aches and pains.

### ◆◆◆◆ The M Class

This class is specifically designed to support women navigating peri- and post-menopause, incorporating the latest fitness research tailored to this phase of life. Each session combines strength training, plyometrics (yes, jumping!), and interval training, all adaptable to your current fitness and movement levels. You'll also receive expert guidance on customizing your workouts, optimizing protein

intake, and fine-tuning other fitness aspects to build stronger muscles, bones, and joints throughout the menopause journey. Join a supportive community of women empowering each other to feel stronger, more energized, and more confident as they embrace these changes.

### ◆◆◆◆ Enduro Swim

Ready to take your swimming to the next level? Whether you're preparing for a spring or summer triathlon, open water swimming or simply looking to improve your skills, this class is for you! It focuses on building endurance and enhancing swimming efficiency, with drills and techniques designed to help you swim faster, longer, and with better form. You don't need to be training for an event to join—if you're eager to brush up on your swimming skills and boost your overall fitness, this class will help you reach your goals. Prerequisite: Be able to swim 200m comfortably.

## FLEXIBLE REGISTRATION CLASSES

### ◆◆◆◆ Mountain Bike Fit

Ride Stronger, Ride Longer. Get ready to tackle the trails! The class focuses on building strength, endurance, and agility. It will prepare you for steep climbs, rough terrains, and technical descents. Through strength training, core work, and cardio drills, you'll develop the power and stamina to ride stronger and longer. Perfect for all levels looking to boost performance and confidence on the trails. This is NOT a Spin Class.

### ◆◆◆ Slow Flow Yoga

Reset and recalibrate. You will get the chance to move your body, breathe with intention, process stress and build resilience.

### ◆◆◆◆ Spin

Get ready to sweat with our experienced cycling instructors! Maintain a high level of sport specific fitness all season long.

### ◆◆ Yin & Yang Yoga

We will work our deeper connective tissues through Yin and move with action through Yang.

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

Sweat drops denote intensity you can expect from the class:

5 drops is HIGHEST intensity



1 drop is a more relaxing, mindful and stretchy



WHISTLER

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