



Meadow Park Sports Centre

FITNESS CLASSES, PROGRAMS & SERVICES

April 2024

Schedule subject to change

Register and view online:
whistler.ca/recreation

Information line:
604-935-PLAY (7529)

FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Mountain Ready Conditioning 7:30-8:30 a.m. Steve</p> <p>Yin & Yang Yoga 9-10 a.m. Heidi</p> <p>Barre Blend 10:30-11:30 a.m. Kristi <i>Try it for \$5 - Apr. 8!</i></p> <p>No class on Easter Monday, Apr. 1!</p> <p>TRX Mixer 45 min 5:15-6 p.m. Andy</p> <p>Pilates Mat Class 6:15-7:15 p.m. Liv <i>Try it for \$5 - Apr. 8! Starts Apr. 15</i></p>	<p>Strength & Mobility 7:30-8:30 a.m. Anna</p> <p>Aqua Fit Deep End 8:45-9:45 a.m. Sylvie G.</p> <p>Low Impact Strength 9-10 a.m. Lauren</p> <p>Mountain Ready Conditioning 5:30-6:30 p.m. Steve</p> <p>Strength & Mobility 6:45-7:45 p.m. Mel K</p> <p>Slow Flow Yoga 8-9 p.m. Laura</p>	<p>Spin Mixer 7:30-8:30 a.m. Sylvie</p> <p>Functional Strength & Conditioning 9-10 a.m. Mel L</p> <p>Be The Change 10:30-11:30 a.m. Katrina</p> <p>Gentle Fit 1-2 p.m. Diana</p> <p>Full Body HIIT 5:15-6:15 p.m. Andy</p> <p>Zumba 6:30-7:30 p.m. Carmen</p>	<p>Strength & Cardio 7:30-8:30 a.m. Lou</p> <p>Aqua Fit Shallow End 8:45-9:45 a.m. Sylvie G.</p> <p>Strength & Stability 9-10 a.m. Lou</p> <p>Swim: Speed & Efficiency 12-1 p.m. Hector <i>Try it for \$5-Apr. 4!</i></p> <p>Spin 6-7 p.m. Courtney <i>Try it for \$5 - Apr 4!</i></p> <p>Prenatal Fitness 5:30-6:30 p.m. Katrina</p> <p>Yoga Roll & Release 8-9 p.m. Laura</p>	<p>Power Pilates 7:30-8:30 a.m. Liv <i>Try it for \$5-Apr. 5!</i></p> <p>Full Body HIIT 9-10 a.m. Andy</p> <p>Mom & Baby 2.0 10:30-11:30 a.m. Lou <i>Starts Apr. 19</i></p> <p>Gentle Fit 1-2 p.m. Diana</p> <p>Deep Core & Trigger Point Workshop 6:15-7:15 p.m. Andy <i>April 5-19</i></p>	<p>Strong Glutes & Core 7:30-8:30 a.m. Jess</p> <p>Low Impact Strength 9-10 a.m. Lauren</p> <p>Zumba 10:30-11:30 a.m. Susie</p>	<p>Vinyasa Flow 9-10 a.m. Mel K <i>Try it for \$5-Apr. 7!</i></p>

Sign up online:
www.resortmunicipalityofwhistler.perfectmind.com

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.

CLASS DESCRIPTIONS

INCLUDED CLASSES

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

◆◆◆ Aqua Fit Deep/Shallow

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.

◆◆◆◆ 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.

◆◆◆◆ 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.

◆◆◆ Strength & Mobility

A fun and effective hour mobility and stability, with special attention to core, glute and balance work to ensure you're ready for mountain sports.

◆◆◆ Slow Flow Yoga

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

◆◆◆◆ Strong Glutes & Core

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

◆◆◆◆ 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.

◆◆◆◆ TRX Mixer

A strength focused high intensity interval circuit session! This is a circuit style class including TRX and whatever other equipment the instructor chooses.

◆◆◆◆ Spin Mixer

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

◆◆ Yin & Yang Yoga

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

◆◆◆ Zumba

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

◆◆◆ Yoga Roll & Release

This class blends yoga poses and releases with the ball. Give yourself a dose of prehab and body mobility maintenance.

REGISTERED PROGRAMS

◆◆◆ 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.

◆◆◆ Pilates Mat Class

With a focus on strengthening the core, improving flexibility, balance and postural alignment. Suitable for all levels. It is the perfect complement to your athletic training or rehabilitation.

◆◆◆ Be The Change

Strength Training for the Peri and Menopausal Stages of Life.

◆◆◆ Deep Core & Trigger Point Workshop

Learn about deep core training, trigger point & foam rolling, rehab, and pain management. All participants will be given information sheets with exercises and stretches accompanied by videos.

FLEXIBLE REGISTRATION CLASSES

◆◆◆◆ Vinyasa Flow

Vinyasa Flow links breath with functional movement patterns. With plenty of choices and challenges, good tunes, and positive vibes, you'll be feeling vibrant, energized.

◆◆◆◆ Spin

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

◆◆◆ Barre Blend

The class focuses on low-impact movements that strengthen and tone. You will be guided through various movements to help increase your mobility while building muscular strength and stability. Available to anyone. No prior ballet experience necessary.

◆◆◆◆ Power Pilates

A total body workout with a fun blend of both foundational and contemporary Pilates exercises. It's a flowing class that works multiple muscles at once, with upbeat music to keep you moving. Available to all levels - beginner to advanced.

◆◆◆◆ Swim: Speed & Efficiency

Join our coached swim workouts focusing on stroke improvement and swim fitness. Our experienced coach Hector works on all strokes to enhance technique and build endurance. Perfect for those aiming to refine skills or boost fitness.

FITNESS SERVICES

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



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