



# Meadow Park Sports Centre

## FITNESS CLASSES, PROGRAMS & SERVICES

March 2024

\*\*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
<div>I</div> Mountain Ready Conditioning 7:30-8:30 a.m. Steve	<div>I</div> Strength & Mobility 7:30-8:30 a.m. Anna	<div>I</div> Spin Mixer 7:30-8:30 a.m. Sylvie	<div>I</div> Strength & Cardio 7:30-8:30 a.m. Lou	<div>F</div> Yoga & Pilates Blend 7:30-8:30 a.m. Liv	<div>I</div> Strong Glutes & Core 7:30-8:30 a.m. Jess	
	<div>I</div> Aqua Fit Deep End 8:45-9:45 a.m. Marie-Anne <i>Mar. 5 &amp; 12 only</i>		<div>I</div> Aqua Fit Shallow End 8:45-9:45 a.m. Marie-Anne <i>Mar. 7 only!</i>			
<div>I</div> Yin & Yang Yoga 9-10 a.m. Heidi	<div>I</div> Low Impact Strength 9-10 a.m. Lauren	<div>I</div> Functional Strength & Conditioning 9-10 a.m. Mel L	<div>I</div> Strength & Stability 9-10 a.m. Lou	<div>I</div> Full Body HIIT 9-10 a.m. Andy	<div>I</div> Low Impact Strength 9-10 a.m. Lauren	<div>F</div> Vinyasa Flow 9-10 a.m. Nicki
	<div>F</div> Swim Fit - Endurance 10-11 a.m. Marie-Anne <i>Mar. 5 &amp; 12 only</i>	<div>R</div> Be The Change 10:30-11:30 a.m. Katrina <i>New round starts Mar. 13</i>	<div>R</div> Swim Fit-Stroke & Technique 10-11 a.m. Marie-Anne <i>Last session: Mar. 14</i>	<div>R</div> Mom & Baby 2.0 10:30-11:30 a.m. Lou <i>Last session: Mar. 8</i>	<div>I</div> Zumba 10:30-11:30 a.m. Susie	
		<div>I</div> Gentle Fit 1-2 p.m. Diana		<div>I</div> Gentle Fit 1-2 p.m. Diana		
<div>I</div> TRX Mixer 45 min 5:15-6 p.m. Andy	<div>I</div> Mountain Ready Conditioning 5:30-6:30 p.m. Steve	<div>I</div> Full Body HIIT 5:15-6:15 p.m. Andy	<div>F</div> Spin 5:15-6:15 p.m. Courtney	No classes on Good Friday, Mar. 29!		
	<div>F</div> Spin 5:45-6:45 p.m. Alex/Courtney		<div>I</div> Low Impact Strength 5:30-6:30 p.m. Anna <i>Except Mar. 28</i>			
<div>R</div> Pilates Mat Class 6:15-7:15 p.m. Liv <i>Flex on Mar. 18 &amp; 25</i>		<div>I</div> Zumba 6:30-7:30 p.m. Carmen	<div>R</div> Prenatal Fitness 5:30-6:30 p.m. Katrina <i>Starts Mar. 28</i>			
	<div>I</div> Strength & Mobility 6:45-7:45 p.m. Mel K					
	<div>I</div> Slow Flow Yoga 8-9 p.m. Laura		<div>I</div> Yoga Roll & Release 8-9 p.m. Laura			

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.

Sign up online:

[www.resortmunicipalityofwhistler.perfectmind.com](http://www.resortmunicipalityofwhistler.perfectmind.com)

# 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.

### ◆◆◆ Yoga Roll & Release

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

### ◆◆◆ Zumba

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

## 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 relates 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.

### ◆◆◆ Mom & Baby 2.0

This baby friendly class allows Mom to get a great workout and attend to baby's needs at any time. A full body workout. Must be 12 weeks PP

### ◆◆◆ Swim Fit - Stroke & Technique

Get fit while using all the swim strokes. We will work on swim technique including flip turns, dives as well as all 4 strokes: freestyle, backstroke, breaststroke, and butterfly.

### ◆◆◆ Be The Change

Strength Training for the Peri and Menopausal Stages of Life.

## 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.

### ◆◆◆◆ Yoga & Pilates Blend

This mindful movement class combines Yoga and Pilates, working to balance the strength and flexibility of all muscle groups. Optional modifications make this type of movement suitable for all levels and all body types.

### ◆◆◆◆ Spin

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

### ◆◆◆◆ Swim Fit - Endurance

Coached swim workouts, swim longer sets with the intention of developing swim endurance. Prerequisite: ability to swim 100m non-stop.

# 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 ◆



WHISTLER

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