

# SUMMER 2021 *URFit*



To Register ONLINE: [www.uregina.ca/recservices](http://www.uregina.ca/recservices)

Click the blue “Register Online” button

- If you are a registered University of Regina student, the classes are covered by your Rec and Athletic Fee payment. To register, your login name will be your University of Regina student email account.
- Please do not create a new account. If you do not know your password or have never created an account profile, please choose the *Forgot your password?* link. An email with your temporary password will be sent to your @uregina account. If you do not receive an email with your password, please check your “junk” mail.
- If you are not a University of Regina registered student, you will have to create an account online to register for the classes. The cost of the class will be located online.

## URFIT Class Descriptions

**Body Sculpt:** A total muscular and strength and endurance workout utilizing weights, bands and your own body weight. Suitable for beginner and intermediate participants.

**POUND!** Sweat, sculpt & ROCK with POUND!, the fastest growing group fitness phenomenon inspired by the sweat-dripping, infectious, energizing fun of drumming! POUND! is a full body cardio jam session championed by fitness rebels around the world.

**Spin and Core:** This class will challenge you using the spin bike for a great cardio workout followed by core strengthening exercises.

**Zumba:** The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked.

**Ashtanga Yoga:** Ashtanga yoga is a style of yoga popularized by Sri. K. Pattabhi Jois (1915-2009). It is an intense, flowing style in which the same poses are always done in the same order. Students are encouraged to match their movement with their breath. Suitable for all levels.

**Yin Yoga:** This yoga is great for those who are athletic and non-athletic. Simple postures are held for longer periods of time and can improve mobility the hips, pelvis, thighs and lower spine. A sense of calmness is often experienced with this practice.

**Yoga Fusion:** A multi-level class combining yoga sequences connecting movement to the breath with standing balance poses and Pilates inspired core exercise.

**Bootcamp:** Up the intensity with this high energy bootcamp class. A full body workout that combines weight training and cardiovascular conditioning to help you feel like your strongest and fittest self.

For Questions or Concerns: **Email:** [ras@uregina.ca](mailto:ras@uregina.ca)

**Hours of Operations:** 8:30am – 12:00pm & 1:00pm – 4:00pm, Monday to Friday

# URFIT Class Schedule

| URFIT: In Person Classes |               |              |       |             |           |             |           |                              |
|--------------------------|---------------|--------------|-------|-------------|-----------|-------------|-----------|------------------------------|
| CRN:                     | Class Name:   | Location:    | Day:  | Start Date: | End Date: | Start Time: | End Time: | Instructor:                  |
| 12225                    | Ashtanga Yoga | Dance Studio | Tues  | July 6      | Aug 24    | 9:00am      | 9:50am    | Arbely Rubalcava             |
| 12226                    | Ashtanga Yoga | CKHS 22      | Wed   | July 7      | Aug 25    | 12:05pm     | 12:55pm   | Arbely Rubalcava             |
| 12228                    | Body Sculpt   | CKHS 22      | Tues  | July 6      | Aug 24    | 12:05pm     | 12:55pm   | Alana Ottenbreit             |
| 12229                    | Body Sculpt   | CKHS 22      | Wed   | July 7      | Aug 25    | 7:05am      | 7:55am    | Alana Ottenbreit             |
| 12232                    | POUND!        | CKHS 22      | Wed   | July 7      | Aug 25    | 4:45pm      | 5:45pm    | Milena Ehr                   |
| 12234                    | Spin & Core   | CKHS 22      | Thurs | July 8      | Aug 26    | 12:05pm     | 12:55pm   | Alana Ottenbreit             |
| 12235                    | Yin Yoga      | CKHS 22      | Mon   | July 5      | Aug 23    | 12:05pm     | 12:55pm   | Arbely Rubalcava             |
| 12237                    | Yoga Fusion   | CKHS 22      | Wed   | July 7      | Aug 25    | 5:30pm      | 6:20pm    | Melody Olson                 |
| 12239                    | Zumba         | CKHS 22      | Mon   | July 5      | Aug 23    | 4:45pm      | 5:45pm    | Milena Ehr                   |
| 12444                    | Bootcamp      | Gym 3        | Tues  | July 6      | Aug 24    | 7:05am      | 7:44am    | Wyatt Weibe<br>Carly Shamray |

| URFIT: On Demand Classes (Virtual) |               |           |       |             |           |             |           |                  |
|------------------------------------|---------------|-----------|-------|-------------|-----------|-------------|-----------|------------------|
| CRN:                               | Class Name:   | Location: | Day:  | Start Date: | End Date: | Start Time: | End Time: | Instructor:      |
| 12225                              | Ashtanga Yoga | Virtual   | Tues  | July 6      | Aug 24    | 9:00am      | 9:50am    | Arbely Rubalcava |
| 12226                              | Ashtanga Yoga | Virtual   | Wed   | July 7      | Aug 25    | 12:05pm     | 12:55pm   | Arbely Rubalcava |
| 12228                              | Body Sculpt   | Virtual   | Tues  | July 6      | Aug 24    | 12:05pm     | 12:55pm   | Alana Ottenbreit |
| 12229                              | Body Sculpt   | Virtual   | Wed   | July 7      | Aug 25    | 7:05am      | 7:55am    | Alana Ottenbreit |
| 12232                              | POUND!        | Virtual   | Wed   | July 7      | Aug 25    | 4:45pm      | 5:45pm    | Milena Ehr       |
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