URFit Program Schedule
Spring & Summer 2017

URFit

Cycle & Core: Jumpstart your day by using the spin bikes for a great cardio workout. Mats, balls and bands aid in core strength development.

POUND! Fitness: 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.

Fitness Boot Camp: Challenge your speed, strength, core, and power. This camp is a progressive fitness class encompassing aerobic training, plyometric exercises, core performance & mental training augmented with motivational techniques. If you are looking for a mental/physical challenge, this is the class for you! Participants will work out at your own pace.

Kettle Bell Boot Camp: This class is designed to increase your metabolism, build muscle, and lose fat using kettle bell training. This full body conditioning workout combines traditional kettle bell exercises with interval training designed to challenge and empower you at the same time.

Spin Energy: This moderate to intense class incorporates spin bikes, which provide an intense conditioning workout to boost your energy, tone your body and help you feel great.

Bootybarre: Bootybarre is a fun, energetic workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body. Bootybarre is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre.

Pilates: Designed by Joseph Pilates in an attempt to strengthen the mind body connection, this system has the potential to improve strength and increase flexibility while challenging the muscles of the core. Each exercise can be modified from beginner to advanced, making pilates the perfect choice for all fitness levels and abilities.

Jiu-Jitsu

TRX/Spin Combo: End your weekend on a strong note with this unique combo class on Sunday morning! Challenge yourself with a high intensity cardio session on the bike, followed by a full body strength workout using the TRX suspension system

TRX Suspension Training: TRX® Suspension training bodyweight exercise builds all body strength, flexibility and your core at the same time.

Intro to Strength Training: Under the direction and supervision from a Certified Strength and Conditioning Specialist (CSCS), this class introduces scientific principles, concepts and theories related to strength adaptation and strength training prescription. Suitable for all levels of ability, this progressive class introduces movements and techniques used in the world of traditional strength and conditioning training.

POPAT/PARE Training: Prepare for POPAT (Police Officer Physical Abilities Test) or enjoy intense physical training. Train twice a week for 8 weeks!

Women on Weights: This is a 12 week strength training class for women only. During this 6 week class you will learn to use body weight, free weights, machines and other equipment. You will develop knowledge, safe technique and experience for continued strength training.

Power Lifting: Squat. Bench. Deadlift. Learn the fundamentals of the BIG 3 power lifts from Ian Rowan Legg, a competitive power lifter in the 100kg weight class and Certified Strength and Conditioning Specialist (CSCS). With emphasis placed on correct technique and movement mechanics, this 6-week class introduces the 3 lifts, set up, execution and ways to modify each movement based on individual need. No experience necessary.

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, to get hooked. Zumba® fanatics achieve long-term benefits while having a blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Belly Fit: Belly Fit is the Fusion Fitness experience exclusively for women. It blends the power and wisdom of ancient cultures, with the research, technology and trends of the modern world. Expect to burn mega calories, relieve stress and get the sweat flowing with fun, easy to learn cardio moves infused with the ancient and beautiful fundamentals of Belly Dance, Bollywood, Bhangra, African Dance and more. Enjoy sculpting, toning and tightening with Pilates inspired core work, deep yet relaxing yoga inspired stretch and mindful Mudra Meditation.

Yoga: Yoga is the ancient practice that integrates breathing techniques and physical postures to promote health and relaxation and to deepen awareness. Classes are structured to include a variety of poses to stretch and strengthen the whole body, according to one’s ability.

Gentle – Beginner Yoga: This is an absolute beginner yoga class and is perfect for those who are completely new to yoga. Each class begins with a small amount of calming breath work designed to quiet the mind and prepare you for class. You will learn yoga basics in a gentle, supportive way.

Hatha Yoga: Hatha yoga focuses on breath and alignment of the body, mind, and spirit through asana. Asana refers to the variety of poses that work the body from the inside out. Become stronger, more agile and flexible with this multi-level yoga class.

Flow Yoga: Flow yoga is a dynamic system of postures and breathing exercises. This class is intended to open and strengthen the entire body. Both standing and seated poses are practiced, giving a balanced cardiovascular workout. Ideal class to build muscular endurance and to calm the mind and build focus. Suitable for all levels.

Rise & Flow Yoga: Greet the day with this Vinyasa class designed for all levels of practice. Flow into wakefulness, beginning with calm, gentle movements that increasingly intensify, culminating in invigorating sequences sure to leave you feeling calm and alert. Designed and led by someone who understands that waking up can be a challenge; you do not have to be a “morning person” to benefit from this class!

Vinyasa Yoga: The Vinyasa-style yoga class incorporates a series of poses that will flow from one to another in conjunction with the breath.

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.

Athletic Yoga: Cross-training with yoga can help you gain strength, flexibility, and stamina to improve your performance in other sports. Designed for all level and abilities, this yoga class is the perfect addition to any dryland training program.
URFit Schedule | No class on May 21, 22, July 3, & August 7

CRN  Title Instructor Day Starts Ends Start Time End Time FLC Member Non-Member Location

6298  Cycle & Core Mary Anne Tues May 2 Jun 20 6:30AM 7:00AM $40.00 $60.00 CK 113

6323  POUND! Fitness Milena Apr 26 Jun 20 12:05PM 12:55PM $50.00 $60.00 Gym 1

6299  Fitness Boot Camp Kristi Mon May 1 Jun 26 4:45PM 5:35PM $40.00 $50.00 FLC

6317  Fitness Boot Camp Kristi Mon Jul 10 Aug 21 4:45PM 5:35PM $30.00 $40.00 FLC

6300  Fitness Boot Camp Eric Wed May 3 Jun 21 4:45PM 5:35PM $40.00 $50.00 FLC

6318  Fitness Boot Camp TBD Wed Jul 5 Aug 23 4:45PM 5:35PM $40.00 $50.00 FLC

6316  Kettle Bell Boot Camp Jeremy Tues May 2 Jun 20 12:00PM 1:00PM $60.00 $60.00 HPC

6303  Kettle Bell Boot Camp Jeremy Thurs May 4 Jun 20 12:00PM 1:00PM $60.00 $60.00 HPC

6309  Spin Energy Alana Tues May 2 Jun 20 12:05PM 12:55PM $40.00 $50.00 CK 113

6310  Spin Energy Alana Thurs May 4 Jun 22 4:45PM 5:35PM $40.00 $50.00 CK 113

6297  Bootybarre Jade Mon May 1 Jun 26 5:45PM 6:35PM $50.00 $60.00 CK 113

6304  Pilates Liane Tues May 2 Jun 20 4:45PM 5:35PM $50.00 $60.00 CK 113

6324  Ju Jitsu Marianne M & Th May 2 Jun 22 8:00PM 10:00PM $160.00 $160.00 Combat Rm

6312  TRX/Spin Combo Kristi Sun Apr 30 Jun 26 9:15AM 10:15AM $45.00 $55.00 CK 113

6311  TRX Suspension Training Kristi Wed May 3 Jun 21 5:45PM 6:35PM $50.00 $60.00 CK 113

6302  Intro to Strength Training Ian Thurs May 4 Jun 22 4:00PM 5:00PM $70.00 $70.00 HPC

6305  POPFIT/PARE Training DPSC Staff Tu & Th May 2 Jun 22 7:00AM 7:50AM $140.00 $240.00 FLC

6313  Women on Weights DPSC Staff Tues May 2 Jun 20 12:05PM 12:55PM $100.00 $100.00 DPS

6306  Power Lifting Ian Tues May 2 Jun 20 4:00PM 5:00PM $70.00 $70.00 HPC

6315  Zumba Milena Thurs May 4 Jun 22 12:05PM 12:55PM $40.00 $50.00 Gym 1

6396  Baby Fit Mandy Thurs May 4 Jun 22 12:05PM 12:55PM $50.00 $60.00 CK 113

6314  Yoga Terri Wed May 3 Jun 21 4:45PM 5:35PM $50.00 $60.00 CK 113

6295  Gentle Beginner Yoga Terri Mon May 1 Jun 26 4:45PM 5:35PM $50.00 $60.00 CK 113

6301  Hatha Yoga Barb Wed May 3 Jun 21 12:05PM 12:55PM $50.00 $60.00 CK 113

6321  Flow Yoga Arbely Tues May 2 Jun 20 4:45PM 6:35PM $160.00 $60.00 CK 113

6308  Rise & Flow Yoga Mandy Fri May 5 Jun 23 7:00AM 7:50AM $50.00 $60.00 CK 113

6200  Vinyasa Yoga Lesley Fri May 5 Jun 23 12:05PM 12:55PM $50.00 $60.00 CK 113

6294  Ashtanga Yoga Arbely Mon May 1 Jun 26 12:05PM 12:55PM $50.00 $60.00 CK 113

6316  Ashtanga Yoga Arbely Thurs May 4 Jun 22 5:45PM 6:35PM $50.00 $60.00 CK 113

6322  Athletic Yoga Jeremy Wed May 3 Jun 21 12:05PM 12:55PM $50.00 $60.00 HPC

Aquatic Fitness

50 + Water Workout: Work at your own pace in this senior’s only class. The focus is on building strength, endurance and joint flexibility.

Deep Water Aquatics: A focus on core strengthening and conditioning makes up this energizing class. This is a deep-water class with flotation belt (no impact). Super workout for all levels. You don’t need to know how to swim.

Adult Learn to Swim: This course is designed for anyone who would like to become more comfortable in the water, as well as improve their swimming skills. You will learn the basics of swimming in this class.

Adult Stroke Improvement: This course is a great way to get in shape while improving your swimming skills. Certified instructors will help you become more efficient in the water.

Aquatic Fitness Schedule | No class on May 19, 22 & 28.

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<th>CRN</th>
<th>Title</th>
<th>Day</th>
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<th>End Date</th>
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Registration begins Wednesday, March 15, 2017 at 6AM online!

Contact the Recreation & Athletic Services Office
Email: ras@uregina.ca  By Phone: (306) 585-4371  Online 24/7: www.uregina.ca/recservices  In Person: Room 170 CKHS
Hours of Operation: 8:30AM – 12PM & 1:00PM – 4:15PM, Monday to Friday