Boot Camp Classes

**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 on their own pace. Class limited to 16 participants.

**Women Working Out**: This moderate to intense, high energy women’s only workout has a boot camp training style. Class includes weight training, cardiovascular and core conditioning, and is sure to make you sweat! Class limited to 16 participants. **Please note this class has a male instructor**

**Suspension Training**: TRX combines traditional kettle bell exercises with interval training designed to challenge and empower you at the same time. This class introduces 3 sets, up, execution and ways to modify each movement based on individual need. No experience necessary. Class limited to 10 participants.

**POPAT/PARE Training**: Prepare for POPAT (Police Officer Physical Abilities Test) or enjoy intense physical training. Train two days per week for 8 weeks. Class limited to 24 participants.

**Kettle Bell Bootcamp**: This class is designed to increase your metabolism, build muscle, and lose fat using kettle bell training. This full body conditioning workout introduces the 3 sets, up, execution and ways to modify each movement based on individual need. No experience necessary. Class limited to 10 participants.

**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. Class limited to 8 participants.

**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. Class limited to 10 participants.

**Suspension Training TRX**: Body weight exercise builds total body strength, flexibility, and core at the same time. Class limited to 10 participants.

**Aqua Aerobics**: This is a moderate to intense, high energy water workout that will challenge your core strength and cardiovascular fitness! Class limited to 18 participants.

**Watersports Bootcamp**: Experience a full body workout in the water. Class limited to 16 participants. **Please bring your own aquatic footwear**

**Aerobic Step**: This moderate to intense, high energy woman’s only workout has a boxing theme. Class includes cardio, cardiovascular and core conditioning, and is sure to make you sweat! Class limited to 16 participants.

**Zumba**: Women only workout that is perfect for any fitness level. Class limited to 16 participants.

**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. Class limited to 24 participants.

**POUND! Fitness Class**: Beginners only. 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 lifelong fitness and empower you to take control of your health. Class limited to 24 participants.

Yoga Classes

**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. Class limited to 10 participants.

Movement Classes

**POUND!**: Fitness: This is a 6 week fitness class designed to increase your metabolism, build muscle, and lose fat using kettle bell training. This full body conditioning workout introduces the 3 sets, up, execution and ways to modify each movement based on individual need. No experience necessary. Class limited to 10 participants.

Cycle Classes

**Cycle & Core**: Jumpstart your day by using the spin bikes for a great cardio workout. Mats, bands and boards aid in core strength development. Class limited to 18 participants.

**Cycle**: This moderate to intense, high energy class is perfect for anyone looking to get their heart rate up! Class limited to 24 participants.

Specialty & Small Group Classes

**POPAT/PARE Training**: Prepare for POPAT (Police Officer Physical Abilities Test) or enjoy intense physical training. Train two days per week for 8 weeks! Class limited to 24 participants.

**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. Class limited to 8 participants.

**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. Class limited to 10 participants.

**Suspension Training TRX**: Body weight exercise builds total body strength, flexibility, and core at the same time. Class limited to 10 participants.

**Introduction to Powerlifting**: 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, up, execution and ways to modify each movement based on individual need. No experience necessary. Class limited to 10 participants.

Registration begins Thursday March 15th, 2018 at 6AM online!
Aquatic Fitness Schedule | No class on May 21

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 Aquasize: 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 Female Only Swim Lessons: This course is designed for female only of all abilities who would like to become more comfortable in the water as well as improve their swimming skills. The swimming basics and stroke improvement will be taught 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.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Title</th>
<th>Day</th>
<th>Start Date</th>
<th>End Date</th>
<th>Start Time</th>
<th>End Time</th>
<th>Fee</th>
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<td>Monday</td>
<td>April 30</td>
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Please note: Prices vary to reflect class size, duration and number of sessions.

**If an instructor misses a class, a make-up class will be scheduled.**

Registered University of Regina students and active FLC members receive member pricing!

Contact the Recreation & Athletic Services Office

By Phone: (306) 585-4371  Email: ras@uregina.ca  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

To Register Online: Please go to www.uregina.ca/recservices and click the "Register Online" button.