spring & Summer 2019

URFit Program Schedule | No class May 19, 20; Aug 4

Boot Camp Classes

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*****

CRN	Class Title:	Instructor:	Day:	Start Date:	End Date:	Start Time:	End Time:	Member* Fee:	Non-Member Fee:	Location:
8780	**Women Working Out**	Mike Markewich	Sunday	**May 5th**	**June 23rd**	**10:00am**	**11:30am**	$74.00	$95.00	FLC/AHPi
8788			Sunday	**July 7th**	**August 25th**	**10:00am**	**11:00am**	$50.00	$60.00	FLC/AHPi

Yoga Classes

Ashtanga Yoga: An intense, flowing style in which the same poses are always done in the same order. Suitable for all levels.
Beginner Yoga: Perfect for those who are new to yoga. Learn yoga basics in a gentle, supportive way.
Restorative Yoga: Relax, regenerate, and restore. Emphasis is on slowing down and opening the body through passive stretching. Perfect to improve flexibility or to down-regulate after a busy week.
Yin Yoga: Simple postures are held for longer periods of time and can improve mobility in the hips, pelvis, thighs and lower spine.

CRN	Class Title:	Instructor:	Day:	Start Date:	End Date:	Start Time:	End Time:	Member * Fee:	Non-Member Fee:	Location:
8782	**Ashtanga Yoga**	Arbely Rubalcava	Tuesday	**May 7th**	**June 25th**	**9:00am**	**9:55am**	$56.00	$72.00	Dance Studio (CK 113)
8783			Tuesday	**May 7th**	**June 25th**	**4:35pm**	**5:25pm**			
8793			Thursday	**May 9th**	**June 27th**	**4:35pm**	**5:25pm**			
8922			Tuesday	**July 2nd**	**August 30th**	**12:05pm**	**12:55pm**			
8785	**Beginner Yoga**	Terri Keith	Monday	**May 6th**	**June 24th**	**4:35pm**	**5:25pm**	$49.00	$63.00	Dance Studio (CK 113)
8789			Wednesday	**May 8th**	**June 26th**	**4:35pm**	**5:25pm**	$56.00	$72.00	
8924			Wednesday	**July 3rd**	**August 31st**	**12:05pm**	**12:55pm**	$56.00	$72.00	CK 222
8796	**Restorative Yoga**	Terri Keith	Monday	**May 6th**	**June 24th**	**12:05pm**	**12:55pm**	$49.00	$63.00	Dance Studio (CK113)
8795	**Yin Yoga**	Terri Keith	Wednesday	**May 8th**	**June 26th**	**12:05pm**	**12:55pm**	$56.00	$72.00	Dance Studio (CK113)

Movement Classes

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.*
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. *Class limited to 24 participants.*

CRN	Class Title:	Instructor:	Day:	Start Date:	End Date:	Start Time:	End Time:	Member* Fee:	Non-Member Fee:	Location:
8790	**POUND!**	Milena Ehr	Thursday	**May 9th**	**June 27th**	**12:05pm**	**12:55pm**	$48.00	$52.00	
8781	**Zumba**	Milena Ehr	Tuesday	**May 7th**	**June 25th**	**12:05pm**	**12:55pm**	$48.00	$60.00	CK 222
8923				**July 2nd**	**August 30th**	**12:05pm**	**12:55pm**			

Mind/Body and Specialty Classes

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.*
Ultimate Fitness: This class combines interval training, weights, and core strengthening exercises and ends with cool-down stretches. The focus is on safe technique and improving overall strength and athletic ability. Be ready to sweat. Open to all levels.
POPAT/PARE Training: Prepare for POPAT (Police Officer Physical Abilities Test) or enjoy intense physical training. Train two days per week for 8 weeks!
Learn to Run: In this beginner class we will start with a walk and a run for one minute each. At the end of the 8 week session, we will end with a ten minute run and a one minute walk - and able to finish a 5Km run! Please ensure you wear appropriate running shoes, bring a water bottle and a light jacket or sweater for cool mornings.
Tai Chi: Through stretching, QiGong exercises and Tai Chi movements, participants will experience deeper body awareness and relaxation, which leads to increased circulation, flexibility, focus and well-being.
Ageless Grace: The Ageless Grace Brain Health Program is based on consciously choosing to change the brain through physical movements. The movements in this program are spontaneous and organic, with no need to learn any special choreography in attempt to promote the ability to respond, react, and recover.
Jiu Jitsu: Japanese self-defense martial art where participants achieve a higher level of fitness while gaining self-defense skills in an enjoyable atmosphere. Training is tailored to individual ability. Participants will learn locking, throwing and striking techniques as well as using an attacker's momentum against themselves.

CRN	Class Title:	Instructor:	Day:	Start Date:	End Date:	Start Time:	End Time:	Member* Fee:	Non-Member Fee:	Location:
8786	**Jiu Jitsu**	Marianne Jacobson	**Monday & Wednesday**	**May 6th**	**June 26th**	**8:00pm**	**10:00pm**	$100.00	$150.00	Dance Studio (CK113)
8799	**Ageless Grace**	Alison Singharath	**Tuesday**	**May 7th**	**May 25th**	**9:00am**	**9:30am**	N/A	$40.00	CK 222
8778	**Women on Weights**	DPSC Staff	**Tuesday**	**May 7th**	**June 25th**	**12:05pm**	**12:55pm**	N/A	$96.00	DPSC
8779				**July 2nd**	**August 30th**	**12:05pm**	**12:55pm**	N/A	$96.00	DPSC
8791			**Thursday**	**May 9th**	**June 27th**	**12:05pm**	**12:55pm**	N/A	$96.00	DPSC
8792				**July 4th**	**August 22nd**	**12:05pm**	**12:55pm**	N/A	$96.00	DPSC
8794	**POPAT/PARE Training**	DPSC Staff	**Tuesday & Thursday**	**May 7th**	**June 27th**	**7:00am**	**7:50am**	N/A	$240.00	Gym 2
				May 7th	**June 27th**	**7:00am**	**7:50am**	N/A	$240.00	Gym 2
8775		DPSC Staff	**Tuesday & Thursday**	**July 2nd**	**August 22nd**	**7:00am**	**7:50am**	N/A	$240.00	Gym 2
				July 8th	**August 22nd**	**7:00am**	**7:50am**	N/A	$240.00	Gym 2

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.

Aquatic Fitness Schedule | No class on May 20

Aquasize: Super workout for all levels. Exercises will use the buoyancy and resistance of the water. Focus on core strengthening and conditioning.

Deep Water Workout: A combination of cardiovascular and muscle conditioning using flotation devices. Burn calories and tone-up in a non-impact environment. It is recommended that you be comfortable in deep water without assistance.
Shallow Water Workout: A combination of cardiovascular and muscle conditioning using flotation devices. Burn calories and tone-up in a non-impact environment.
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* Learn to Swim: This Course is designed for **females 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 *Female Only* Stroke Improvement: This course is designed for **females only**. 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.

CRN	Class Title:	Day:	Start Date:	End Date:	Start Time:	End Time:	Fee:	Location:
8740	Deep Water Workout	Monday	May 6	June 24	12:05pm	1:00pm	$42.00	Pool
8741	Deep Water Workout	Tuesday	May 7	June 25	9:30am	10:25am	$48.00	Pool
8742	Deep Water Workout	Tuesday	May 7	June 25	7:30pm	8:25pm	$48.00	Pool
8743	Deep Water Workout	Wednesday	May 8	June 26	10:30am	11:25am	$48.00	Pool
8745	Deep Water Workout	Thursday	May 9	June 27	9:30am	10:25am	$48.00	Pool
8771	Deep Water Workout	Thursday	May 9	June 27	7:30pm	8:25pm	$48.00	Pool
8746	Shallow Water Workout	Monday	May 6	June 24	10:30am	11:25am	$42.00	Pool
8747	Shallow Water Workout	Thursday	May 9	June 27	10:30am	11:25am	$48.00	Pool
8748	Shallow Water Workout	Friday	May 10	June 28	10:30am	11:25am	$48.00	Pool
8528	Adult *Female Only* Learn to Swim	Saturday	May 4	June 29	6:00pm	6:55pm	$73.50	Pool
8529	Adult *Female Only* Stroke Improvement	Saturday	May 4	June 29	7:00pm	7:55pm	$73.50	Pool

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!

Registration begins Friday March 15th, 2019 at 6AM online!

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