

WINTER 2021 URFIT

Scheduled Programs



Kinesiology &
Health Studies

- **To Register Online:** Please visit www.uregina.ca/recservices and choose the blue “Register Online” button.
- URFit 2021 Winter Classes are offered to registered University of Regina students ONLY.
- If you are a registered University of Regina student, you will have a valid email in the system. 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.

Movement, Yoga and Cycle Class Descriptions

- **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.
- **Body Sculpt:** A total muscular and strength and endurance workout utilizing weights, bands and your own body weight. Suitable for beginner and intermediate participants.
- **Multi-level Yoga:** Yoga is a practice connecting the mind, body and breath. We will combine physical postures, breathing techniques, meditation and relaxation to improve your day.
- **P90X Live:** A total-body strength and cardio conditioning class that helps you blast fat and build lean muscle fast. This class is suitable for everyone as options are offered for all fitness levels. Grab your shoes and water bottle and come ready to work!
- **PIYO Live:** Sweat, stretch, and strengthen in one low-impact, body-sculpting workout. PIYO cranks up the intensity and speed of traditional Pilates and Yoga. This class will focus on balance, flexibility and stretching. Participants require a water bottle and comfortable clothing.
- **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.
- **SHIFT:** Cardio-based high intensity functional training that allows people of every fitness level to train smarter. You will build a leaner, stronger body while improving range of motion, joint mobility and agility. Participants require shoes, and a water bottle.
- **Snowga (yoga in the snow):** Get ready to have some fun, playing in the snow, practising yoga poses, connecting to your breath and being in the moment. Dress warmly, bring a yoga mat and a warm blanket or sleeping bag to nestle up for Shavasana. **Participants are to dress warm and meet outside the South CKHS doors at the beginning of the class.**
- **Spin:** This class will challenge you using the spin bike for a great cardio workout.
- **Spin and Core:** This class will challenge you using the spin bike for a great cardio workout followed by core strengthening exercises.
- **Spin and Sculpt:** This class will challenge you using the spin bikes for a great cardio workout followed by strength training exercises focusing more on upper body training.
- **Step:** A moderate class utilizing the step to improve cardio and give a challenging workout.
- **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 in the hips, pelvis, thighs and lower spine. A sense of calmness is often experienced with this practice.
- **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. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!
- **Build it 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.
- **Fusion Flow:** A multi-level class combining yoga sequences connecting movement to the breath with standing balance poses and Pilates inspired core exercises
- **15-15-15:** Get a total workout in 45 minutes. 15 minutes of cardio training, 15 minutes of strength training and 15 minutes of core and flexibility training.

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

Hours of Operations: 8:30am – 12:00pm & 1:00pm – 4:15pm, Monday to Friday

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CRN:	Class Name:	Instructor:	Day:	Start Date:	End Date:	Start Time:	End Time:
11706	Spin	Alana Ottenbreit	M	11-Jan	12-Apr	7:10am	7:55am
11711	Ashtanga Yoga	Arbely Rubalcava	M	11-Jan	12-Apr	9:00am	9:50am
11712	Ashtanga Yoga	Arbely Rubalcava	M	11-Jan	12-Apr	12:10pm	1:00pm
11716	Zumba	Milena Ehr	M	11-Jan	12-Apr	5:30pm	6:15pm
11802	Zumba	Milena Ehr	M	22-Feb	12-Apr	6:30pm	7:15pm
11803	P90x	Carrie Frostad	T	23-Feb	13-Apr	7:10am	7:55am
11722	Yin Yoga	Arbely Rubalcava	T	12-Jan	13-Apr	10:00am	10:50am
11724	Body Sculpt	Alana Ottenbreit	T	12-Jan	13-Apr	12:10pm	1:00pm
11763	Snowga	Karen Fahlman	T	2-Feb	16-Mar	2:30pm	3:00pm
11804	Spin & Scult	Alana Ottenbreit	T	23-Feb	13-Apr	4:30pm	5:15pm
11725	SH1FT	Carrie Frostad	T	12-Jan	13-Apr	5:45pm	6:15pm
11726	PiYo Live	Carrie Frostad	T	12-Jan	13-Apr	6:30pm	7:30pm
11758	Bootcamp	Samantha Burko	T	26-Jan	13-Apr	8:00pm	9:00pm
11805	15/15/15	Alana Ottenbreit	W	24-Feb	14-Apr	7:10am	7:55am
11713	Ashtanga Yoga	Arbely Rubalcava	W	13-Jan	14-Apr	9:00am	9:50am
11714	Ashtanga Yoga	Arbely Rubalcava	W	13-Jan	14-Apr	12:10pm	1:00pm
11727	Spin & Core	Alana Ottenbreit	W	13-Jan	14-Apr	4:30pm	5:15pm
11717	Zumba	Milena Ehr	W	13-Jan	14-Apr	5:30pm	6:15pm
11719	Pound	Milena Ehr	W	13-Jan	14-Apr	6:30pm	7:15pm
11761	Multi-Level Yoga	Anna Guenther	W	27-Jan	14-Apr	8:00pm	9:00pm
11806	PiYo Live	Carrie Frostad	R	25-Feb	15-Apr	7:10am	7:55am
11723	Yin Yoga	Arbely Rubalcava	R	14-Jan	15-Apr	10:00am	10:50am
11807	15/15/15	Alana Ottenbreit	R	25-Feb	15-Apr	12:10pm	1:00pm
11808	Body Sculpt	Alana Ottenbreit	R	25-Feb	15-Apr	4:30pm	5:15pm
11720	Pound	Milena Ehr	R	14-Jan	15-Apr	5:30pm	6:15pm
11730	P90X	Carrie Frostad	R	14-Jan	15-Apr	6:30pm	7:30pm
11759	Bootcamp	Samantha Burko	R	28-Jan	15-Apr	8:00pm	9:00pm
11809	Body Sculpt	Alana Ottenbreit	F	26-Feb	02-Apr	7:10am	7:55am
11731	Multi-Level Yoga	Karen Falman	F	15-Jan	09-Apr	9:00am	9:50am
11715	Ashtanga Yoga	Arbely Rubalcava	F	15-Jan	09-Apr	12:10pm	1:00pm
11760	Bootcamp	Kristina Reznikovv	Sat	30-Jan	10-Apr	9:00am	9:45am
11762	Fusion Flow	Melody Olson	Sat	30-Jan	10-Apr	10:15am	11:00am

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Aquatic Class Description

- **Deep Water AquaFit:** Combination of cardio and muscle conditioning, using interval training. Conducted in the deep end, participants learn to increase their intensity to get the most out of their workout. Class is for all fitness levels and flotation is provided.
- **Shallow Water AquaFit:** This AquaFit class is held in the shallow end and features impact free exercise with a variety of resistance equipment. Shallow Water AquaFit is designed to improve balance, stability, agility, and whole body strength and endurance.

CRN:	Class Name:	Instructor:	Day:	Start Date:	End Date:	Start Time:	End Time:
11810	Deep Water AquaFit	Ellie Neb	M	22-Feb	12-Apr	10:30am	11:15am
11737	Deep Water AquaFit	Ellie Neb	T	12-Jan	13-Apr	9:30am	10:15am
11733	Shallow Water AquaFit	Ellie Neb	T	12-Jan	13-Apr	10:30am	11:15am
11738	Deep Water AquaFit	Carrie Frostad	T	12-Jan	13-Apr	7:45pm	8:45pm
11811	Deep Water AquaFit	Ellie Neb	W	24-Feb	14-Apr	10:30am	11:15am
11739	Deep Water AquaFit	Ellie Neb	R	14-Jan	15-Apr	9:30am	10:15am
11735	Shallow Water AquaFit	Ellie Neb	R	14-Jan	15-Apr	10:30am	11:15am
11740	Deep Water AquaFit	Carrie Frostad	R	14-Jan	15-Apr	7:45pm	8:45pm
11736	Shallow Water AquaFit	Ellie Neb	F	15-Jan	09-Apr	10:30am	11:15am