**Registered University of Regina Students & active FLC members receive member pricing**

No classes February 8, 15, 16 to 23; March 1, 5, 6, 8, 12 & 30; April 1, 2, 17, 19 & 26

**Boot Camp**

**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 their own pace.

**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!

**Yoga**

**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.

**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.

**30+ Hatha Yoga:** Hatha yoga focuses on breath and alignment of the body, mind, and spirit through asana. Asana refers to the variety of poses you will be working out in.

**Restorative Yoga:** Relax, regenerate, and restore. Restorative yoga places emphasis on slowing down and opening the body through passive stretching. This yoga class combines gentle movement with stillness to increase flexibility and range of motion with the use of yoga straps, foam rollers, and blocks. Perfect for anyone looking to improve their flexibility or to down-regulate after a busy week.

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

**Yin Yoga:** Yin 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. Bring a blanket and cushion to enhance practice.

**Movement**

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

**Introduction to Salsa:** A partner is not required for this Latin inspired dance class and is perfect for all levels and abilities. If you have no rhythm, no worries! We will find it!

**Latin Dance:** We will be exploring two of the most popular Latin rhythms: Salsa and Bachata! Learn fundamental techniques for footwork, partner, combinations.

**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.

**Barre & Step:** This beginner to intermediate conditioning class combines aerobics with choreographed step moves to provide a calorie burning work out. Step aerobics utilizes the elevated step platform and is perfect for all ages and abilities.

**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 experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

**Cycle**

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

**Spin & Sculpt:** Beginner/intermediate cycling combined with muscle conditioning. This class will incorporate a mix of intervals and longer distance spins, followed by strength and stretching.

**Spinergy:** 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.

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**URFit Program Schedule Winter 2018**

Registration begins Wednesday, November 15, 2017 at 6AM online!

Contact the Recreation & Athletic Services Office

Phone: (306) 585-4371
Online 24/7: www.uregina.ca/reservices
In Person: CKHS Room 170
Hours of Operation: 8:30AM – 12PM & 1:00PM – 4:15PM, Monday to Friday

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**Specialty & Small Group**

**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.

**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, set up, execution and ways to modify each movement based on individual need. No experience necessary.

**Jiu-Jitsu:** Jiu-Jitsu is a 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, and participants will learn locking, throwing and striking techniques, and using the attacker's momentum against themselves. Please note: Registration is through U Fit is open to all community and staff members. University of Regina students should contact uofrjiujitsu@uregina.ca to join this program through the U of R Jiu-Jitsu Student Club. **All participants are required to pay a $40 insurance fee one time each year in addition to course fees, and may be required to purchase a Gi if continuing beyond the semester.**

**POPAT/PARE Training:** Prepare for POPAT (Police Officer Physical Abilities Test) or enjoy intense physical training. Train two days per 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.

**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 Women Only Swim Lessons:** This Course is designed for women 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.

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**Aquatic Fitness**

No classes February 17 to 23; March 30 & 31; April 2 - 5

**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 Women Only Swim Lessons:** This Course is designed for women 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.

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**CRN** | **Title** | **Instructor** | **Day** | **Start Date** | **End Date** | **Start Time** | **End Time** | **Fee** | **Room**
---|---|---|---|---|---|---|---|---|---
6940 | 50 + Water Workout | Monday | January 8 | April 16 | 10:30AM | 11:25AM | $46.00 | Shallow Pool
6941 | 50 + Water Workout | Tuesday | January 9 | April 17 | 10:30AM | 11:25AM | $46.00 | Shallow Pool
6942 | 50 + Water Workout | Thursday | January 11 | April 19 | 10:30AM | 11:25AM | $46.00 | Shallow Pool
6943 | 50 + Water Workout | Friday | January 12 | April 20 | 10:30AM | 11:25AM | $46.00 | Shallow Pool
6951 | Deep Water Aquasize | Monday | January 8 | April 16 | 12:05PM | 1:00PM | $59.00 | Deep Pool
6952 | Deep Water Aquasize | Monday | January 8 | April 16 | 7:30PM | 8:25PM | $59.00 | Deep Pool
6953 | Deep Water Aquasize | Tuesday | January 9 | April 17 | 9:30AM | 10:25AM | $59.00 | Deep Pool
6957 | Deep Water Aquasize | Tuesday | January 9 | April 17 | 7:30PM | 8:25PM | $59.00 | Deep Pool
6958 | Deep Water Aquasize | Wednesday | January 10 | April 18 | 10:30AM | 11:25AM | $59.00 | Deep Pool
6959 | Deep Water Aquasize | Wednesday | January 10 | April 18 | 12:05PM | 1:00PM | $59.00 | Deep Pool
6960 | Deep Water Aquasize | Wednesday | January 10 | April 18 | 7:30PM | 8:25PM | $59.00 | Deep Pool
6954 | Deep Water Aquasize | Thursday | January 11 | April 19 | 9:30AM | 10:25AM | $59.00 | Deep Pool
6955 | Deep Water Aquasize | Thursday | January 11 | April 19 | 7:30PM | 8:25PM | $59.00 | Deep Pool
6956 | Deep Water Aquasize | Saturday | January 13 | April 21 | 1:00PM | 1:55PM | $59.00 | Deep Pool
6966 | Adult Learn to Swim | Saturday | January 13 | March 12 | 12:50PM | 1:45PM | $84.00 | Pool
6945 | Adult Learn to Swim | Wednesday | January 17 | March 28 | 7:30PM | 8:25PM | $84.00 | Pool
6944 | Adult Female Only Swim Lessons | Thursday | January 13 | March 24 | 6:00PM | 6:55PM | $84.00 | Pool
6948 | Adult Stroke Improvement | Saturday | January 13 | March 24 | 12:50PM | 1:45PM | $84.00 | Pool
6947 | Adult Stroke Improvement | Wednesday | January 17 | March 28 | 7:30PM | 8:25PM | $84.00 | 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.**

Registration begins Wednesday, November 15, 2017 at 6AM online!

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