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

No classes February 8, 15, 16, 18 to 23; March 1, 5, 6, 8, 12 & 30; April 1, 2, 17, 19 & 26

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**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!

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**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 that work the body from the inside out. Become stronger, more agile and flexible with this multi-level yoga class.

**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.

**Vinyasa Yoga:** The Vinyasa-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.

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**Movement**

**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.

**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, par

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**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 course combined with muscle conditioning. This class will incorporate a mix of intervals and longer distance spins, followed by strength and stretching.

**Spinning:** 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**

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

**Registeration begins Wednesday, November 15, 2017 at 6AM online!**

Contact the Recreation & Athletic Services Office
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 through UR 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.

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.

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

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Aqua Culture: 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.

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

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. Certified instructors will help you become more proficient in swimming. 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.

Adult Stroke Improvement: This course is designed for anyone who would like to become more comfortable in the water, as well as improve their swimming skills. Certified instructors will help you become more proficient in swimming. 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.

Adult Female 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.

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.

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