### Aquatic Fitness

**Women Only Swim Lessons:** 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 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.

**Learn to Swim:** This course is designed for anyone who would like to become more comfortable in the water as well as improve his or her swimming skills. The swimming basics will be taught in this class.

**Aqua Bootcamp:** This high intensity, low impact shallow water aqua aerobics class that is fun, fast and effective. Using aquatics equipment you will perform various sequences of exercises that will improve your overall fitness.

**Deep Water Workout:** This class is great for beginners or anyone who wants to focus on a gentle practice. This class focuses on joint flexibility, strength, and endurance.

**Deep Water Workout:** This class offers a combination of cardiovascular and muscle conditioning using flotation devices. Aqua Deep is a great way to burn calories and tone-up in a total non-impact environment. It is recommended that you be comfortable in deep water without assistance.

**Stand Up Paddle Board (SUP) Yoga:** SUP combines yoga poses with a variation of stand-up paddleboard surfing. This unique activity combines a variety of asanas that our experienced teacher will adjust to the status of the participants, according to their abilities and prior experience with Yoga. If you’re looking for a new challenge, whether you are a beginner or an avid yogi, this class is for you.

**Cycle & Core:** This has a boot camp training style. Class includes weight training, cardiovascular and core conditioning, and is sure to make you sweat!

**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.

**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!

### Boot Camp Classes

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

**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.

### Cycle Classes

**Cycle & Core**

<table>
<thead>
<tr>
<th>CRN</th>
<th>Instructor</th>
<th>Day</th>
<th>Start Date</th>
<th>End Date</th>
<th>Start Time</th>
<th>End Time</th>
<th>Member* Fee</th>
<th>Non-Member Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8196</td>
<td>Mary Anne</td>
<td>Tues</td>
<td>Jan 15</td>
<td>Apr 9</td>
<td>6:00AM</td>
<td>7:00AM</td>
<td>$60.00</td>
<td>$78.00</td>
<td>FLC</td>
</tr>
<tr>
<td>8203</td>
<td>Alana</td>
<td>Tues</td>
<td>Jan 15</td>
<td>Apr 9</td>
<td>12:05PM</td>
<td>1:00PM</td>
<td>$60.00</td>
<td>$78.00</td>
<td>FLC</td>
</tr>
</tbody>
</table>

### Specialty & Small Group Classes

**Kettlebell Boot Camp:** This class is designed to increase your metabolism, build muscle, and lose fat using kettlebell training. This full body conditioning workout combines traditional kettlebell exercises with interval training designed to challenge and empower you at the same time.

**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:** In this 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.

### UR Fit Program Schedule

**Winter 2019**

No class: Feb 17th to 23rd, Mar 30th, & Apr 22nd
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 bar.

HiT (High Intensity Interval Training): HiT class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high-intensity cardiac bursts designed to improve your endurance and burn more calories is less time.

Pilates M.E.L.T. Method: The M.E.L.T. Method, formally known as myofascial energetic length technique, is a hands off, self-treatment. It is said to alleviate chronic pain, release tension, and restore mobility utilizing specialized soft treatment balls, soft body rolls, and techniques mimicking manual therapy.

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.

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

Jiu Jitsu: Jiu Jitsu is a 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. The registration fee will include the cost of a gi (martial arts uniform) and yearly insurance. For any questions please contact: uofrjiujitsu@gmail.com

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!

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

Recreation & Athletic Services

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

Please note: Prices vary to reflect class size, duration and number of sessions. Registered University of Regina students and active FLC members receive member pricing!

*Please sign in with your @uregina.ca student email to have student discount applied online*

Yoga Classes

Ashtanga Yoga: Ashtanga yoga is a style of yoga popularized by Sri K. Pattabhi Jois (1913-2009). It is an intense, flowing style in which the same poses are always done in the same order. Students are encouraged to match their work with their breath. Suitable for all levels.

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.

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.

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.

Multi Level Yoga: Challenging the skill level of each participant, from beginner to advanced, Multi-Level Yoga improves mobility, flexibility, and increases strength.

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

Yoga for Diabetics: Brought to you by Wascana Cosmoitinpal Club. If you have diabetes, this yoga class might be just what you need! The goals of the course are understanding the stress response and its physiological impact on the body and understanding and experiencing the use of yoga as stress management on a physical, mental and emotional level.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Title</th>
<th>Instructor</th>
<th>Day</th>
<th>Starts</th>
<th>Ends</th>
<th>Start Time</th>
<th>End Time</th>
<th>Member Fee</th>
<th>Non-Member Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8193</td>
<td>Beginner Yoga</td>
<td>Terri</td>
<td>Mon</td>
<td>Jan 14</td>
<td>Apr 8</td>
<td>4:35PM</td>
<td>5:25PM</td>
<td>$84.00</td>
<td>$108.00</td>
<td>Dance Studio CK 113</td>
</tr>
<tr>
<td>8191</td>
<td>Ashtanga Yoga</td>
<td>Arbelly</td>
<td>Tues</td>
<td>Jan 15</td>
<td>Apr 9</td>
<td>4:35PM</td>
<td>5:25PM</td>
<td>$84.00</td>
<td>$108.00</td>
<td>Dance Studio CK 113</td>
</tr>
<tr>
<td>8189</td>
<td>Athletic Yoga</td>
<td>Nicole</td>
<td>Wed</td>
<td>Jan 16</td>
<td>Apr 10</td>
<td>12:05PM</td>
<td>12:55PM</td>
<td>$84.00</td>
<td>$108.00</td>
<td>Dance Studio CK 113</td>
</tr>
<tr>
<td>8194</td>
<td>Beginner Yoga</td>
<td>Terri</td>
<td>Wed</td>
<td>Jan 16</td>
<td>Apr 10</td>
<td>4:35PM</td>
<td>5:25PM</td>
<td>$84.00</td>
<td>$108.00</td>
<td>Dance Studio CK 113</td>
</tr>
<tr>
<td>8211</td>
<td>Multi Level Yoga</td>
<td>TBD</td>
<td>Thurs</td>
<td>Jan 17</td>
<td>Apr 11</td>
<td>9:00AM</td>
<td>9:50AM</td>
<td>$84.00</td>
<td>$108.00</td>
<td>Dance Studio CK 113</td>
</tr>
<tr>
<td>8121</td>
<td>Hatha Yoga</td>
<td>TBD</td>
<td>Thurs</td>
<td>Jan 17</td>
<td>Apr 11</td>
<td>4:35PM</td>
<td>5:25PM</td>
<td>$84.00</td>
<td>$108.00</td>
<td>Dance Studio CK 113</td>
</tr>
<tr>
<td>8280</td>
<td>Yoga for Diabetics</td>
<td>TBD</td>
<td>Fri</td>
<td>Jan 18</td>
<td>Apr 12</td>
<td>9:00AM</td>
<td>9:50AM</td>
<td>No Fee</td>
<td>No Fee</td>
<td>Dance Studio CK 113</td>
</tr>
<tr>
<td>8205</td>
<td>Vinyasa Yoga</td>
<td>Lesly</td>
<td>Fri</td>
<td>Jan 18</td>
<td>Apr 12</td>
<td>12:05PM</td>
<td>12:55PM</td>
<td>$84.00</td>
<td>$108.00</td>
<td>Dance Studio CK 113</td>
</tr>
<tr>
<td>8278</td>
<td>Athletic Yoga</td>
<td>Jeremy</td>
<td>Fri</td>
<td>Jan 18</td>
<td>Apr 12</td>
<td>1:05PM</td>
<td>1:55PM</td>
<td>$84.00</td>
<td>$108.00</td>
<td>Dance Studio CK 113</td>
</tr>
<tr>
<td>8279</td>
<td>Hatha Yoga</td>
<td>Emilio</td>
<td>Fri</td>
<td>Jan 18</td>
<td>Apr 12</td>
<td>4:05PM</td>
<td>4:55PM</td>
<td>$84.00</td>
<td>$108.00</td>
<td>Dance Studio CK 113</td>
</tr>
</tbody>
</table>