Aquatic Fitness

Adult Female 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.

Aqua Bootcamp: is a 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 offers a combination of cardiovascular and muscular 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.

Love2Live Water in Motion: is an aqua exercise workout that provides a low impact, high energy challenge for participants of all ages, skill and fitness levels. This class focuses on joint flexibility, strength, and endurance. Run as a part of the Love2Live program, this Aqua class is great for beginners or anyone who wants to focus on a gentle practice.

Shallow Water Workout: This class offers a combination of cardiovascular and muscle conditioning using flotation devices. This water workout is a great way to burn calories and tone-up in a total non-impact environment.

Boot Camp Classes

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!

Cycle 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.

Spinery: This moderate to intense class incorporates spin bikes, which provide an intense conditioning workout to boost your energy levels. Tone your body and help you feel great.

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.

Love2Live Ageless Grace: Brought to you by Saskatchewan Blue Cross. Love2Live Ageless Grace is an aquatic exercise class that is fun, fast and effective. Using flotation devices you will perform various sequences of exercises that will improve your overall health.

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.

CRN | Title | Instructor | Day | Starts | Ends | Start Date | End Date | Start Time | End Time | Member Fee | Fee | Room
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8196 | Cycle & Core | Mary Anne | Tues | Jan 15 | Jan 29 | 6:10AM | 7:00AM | $60.00 | $78.00 | Dance Studio CK 113
8203 | Spinery | Alana | Tues | Jan 15 | Jan 29 | 12:05PM | 1:05PM | $60.00 | $78.00 | Dance Studio CK 113
8197 | Cycle & Core | Mary Anne | Thurs | Jan 17 | Apr 11 | 6:10AM | 7:00AM | $60.00 | $78.00 | Dance Studio CK 113
8269 | POPAT/PARE Training | DPSC Staff | Tu & Th | Jan 15 | Feb 28 | 7:00AM | 7:50AM | $240.00 | Gym 1/FLC
8201 | POPAT/PARE Training | DPSC Staff | Tu & Th | Mar 5 | Apr 25 | 7:00AM | 7:50AM | $240.00 | Gym 1/FLC
8202 | Love2Live Ageless Grace | Alison | Tues | Jan 15 | Apr 9 | 9:00AM | 9:30AM | $60.00 | Shallow Pool
8209 | Intro to Powerlifting | Ian | Tues | Jan 15 | Apr 9 | 12:00PM | 1:00PM | $144.00 | AHPI
8206 | Women on Weights | Carmen | Tues | Jan 15 | Apr 9 | 12:05PM | 1:25PM | $144.00 | DPSC
8207 | Women on Weights | Carmen | Thurs | Jan 17 | Apr 11 | 12:05PM | 1:25PM | $144.00 | DPSC
8281 | Kettlebell Boot Camp | Jeremy | Thurs | Jan 17 | Apr 11 | 12:05PM | 1:25PM | $144.00 | AHPI
**Regular Classes**

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

**HIIT [High Intensity Interval Training]:** HIIT class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high-intensity burst designs improved 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 tissue treatments, 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!

**CRN**

**Title**

**Ashtanga 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.

**Moksha Inspired Yoga**

- **Moksha Inspired Yoga:** Mosha yoga is a set series of postures and breathing exercises specifically designed to be practiced in a heated room (38 degrees Celsius/99 degrees Fahrenheit). In this Moksha-inspired class, individuals will explore the same sequence but without the heat. This class will strengthen and stretch the muscles while calming the mind and reducing stress.

**Stand Up Paddle Board Yoga (SUP Yoga):** SUUP 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.

**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 Classes**

**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.

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

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

**for Dry: Brought to you by Wascana Cosmopolitan 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.

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### Recreation & Athletic Services

Registration begins Thursday, November 15th, 2018 at 6AM online!

*By Phone: (306) 585-4371 / Email: ras@uregina.ca / Online 24/7: www.uregina.ca/recservices / In Person: Room 170 CCHS 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.