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.

Adult 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: 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 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.

Love2Live Water in Motion: Brought to you by Saskatchewan Blue Cross. Love2Live Water in Motion is an aquatic 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 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.

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.

Stand Up Paddle Board Yoga:

Global classes

8314 CRN Title Instructor Day Start Date End Date Start Time End Time Fee Room
8292 Shallow Water Workout Elli Mon Jan 14 Apr 29 9:05AM 10:00AM $84.00 Shallow Pool
8290 Shallow Water Workout Elli Mon Jan 14 Apr 29 9:30AM 10:25AM $84.00 Shallow Pool
8291 Stand Up Paddle Board Yoga Kristal Mon Jan 7 Apr 8 12:05PM 12:55PM $150.00 Deep Pool
8282 Deep Water Workout Elli Tues Jan 8 Apr 16 9:30AM 10:25AM $90.00 Deep Pool
8288 Love2Live Water in Motion Jennifer Tues Jan 8 Apr 16 10:45AM 11:25AM $75.00 Shallow Pool
8283 Deep Water Workout Madeleine Tues Jan 8 Apr 16 7:30PM 8:25PM $90.00 Deep Pool
8284 Deep Water Workout Elli Wed Jan 9 Apr 17 10:30AM 11:25AM $90.00 Deep Pool
8285 Deep Water Workout Elli Wed Jan 9 Apr 17 12:00PM 12:55PM $90.00 Deep Pool
8286 Deep Water Workout Elli Thurs Jan 10 Apr 18 9:30AM 10:25AM $90.00 Deep Pool
8289 Love2Live Water in Motion Jennifer Thurs Jan 10 Apr 18 10:45AM 11:25AM $75.00 Shallow Pool
8287 Deep Water Workout Madeleine Thurs Jan 10 Apr 18 7:30PM 8:25PM $90.00 Deep Pool
8288 Shallow Water Workout Elli Fri Jan 11 Apr 13 10:30AM 11:25AM $84.00 Shallow Pool
8295 Stand Up Paddle Board Yoga Kristal Sat Jan 12 Apr 13 1:15PM 4:05PM $150.00 Shallow Pool
8216 Adult Female Only Swim Lessons* TBD Sat Jan 12 Mar 30 6:00 PM 6:55 PM $84.00 Shallow Pool
8218 Adult Female Only Stroke Improvement* TBD Sat Jan 12 Mar 30 7:00PM 7:55PM $84.00 Shallow Pool
8217 Adult Learn to Swim* TBD Sat Jan 12 Mar 30 12:50PM 1:45PM $84.00 Shallow Pool

*No classes will be held on Feb 16th and 23rd. Classes will be held on Mar 30th.

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 at their own pace.

Women Working Out: This moderately 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 use of the spin bike 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, tone your body and help you feel great.

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. The Ageless Grace® Brain Health Program is based on consciously choosing to change the brain through physical movements similar to playful childhood activities that fired neurons and developed neural pathways from birth to mid-teens. The movements used in this program are spontaneous and organic, with no need to learn any special choreography in attempt to promote the "Three R's of Ageless Grace": respond, react, and recover.

Intro 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.

Specialty & Small Group Classes

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 Start Date End Date Start Time End Time Fee Room
8269 POPAT/PARE Training DPSC Staff Tu & Th Jan 15 Feb 28 7:00AM 7:50AM $240.00 Gym 1/FLC
8270 POPAT/PARE Training DPSC Staff Tu & Th Mar 5 Apr 25 7:00AM 7:50AM $240.00 Gym 1/FLC
8260 Love2Live Ageless Grace Alison Tues Jan 15 Apr 9 9:00AM 9:30AM $60.00 Combative Room CK 222
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 12:55PM $144.00 DPSC
8207 Women on Weights Carmen Thurs Jan 17 Apr 11 12:05PM 12:55PM $144.00 DPSC
8281 Kettlebell Boot Camp Jeremy Thurs Jan 17 Apr 11 12:05PM 12:55PM $144.00 AHPI
Training designed to quiet the mind and prepare you for class. You will learn yoga basics in this yoga class is the perfect addition to any dryland training program. The Vinyasa yoga is a set series of postures and breathing exercises specifically designed to be practiced in a heated room (38 degrees Fahrenheit). In this Moksha yoga, participants achieve a higher level of fitness while gaining self-defense skills in an enjoyable atmosphere.

Yoga Classes

Ashhtanga Yoga: Ashtanga yoga is a style of yoga popularized by Sri K. Pattabhi Jois (1919-2009). 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 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 short introduction to yoga followed by moves to create a one-of-a-kind flow experience.

Ashtanga Yoga: Ashtanga yoga 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 and abilities, this yoga class is the perfect addition to any dryland training program.

Moksha yoga is a set series of postures and breathing exercises specifically designed to be practiced in a heated room (38 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.

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: Yoga for Diabetics is a series of gentle poses 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.

Please note: Prices vary to reflect class size, duration and number of sessions. Regular 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*

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 CKHS 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.