Aerobic Fitness

**Adult Female Only Swim Lessons:** This course is designed for FEMALES only or 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 or 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:** This 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:** This 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.

**Love2Live Ageless Grace:** This class is held on the second hour of each day with a focus on flexibility and strength training. It is recommended that you be comfortable in deep water without assistance.

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

**Cycle & Core:** This class offers a combination of cardiovascular and muscle conditioning using flotation devices. This workout is a great way to burn calories and tone-up in a total non-impact environment.

**Women Working Out:** This course is designed for FEMALES only or 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.

**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 course is 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!

**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, tone your body and help you feel great.

**Specialty & Small Group Classes**

**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. 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 practices and a basic understanding of resistance training.

**Recreation & Athletic Services**

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

By Phone: (306) 585-471 Email: ras@uregina.ca Online: www.uregina.ca/recservices In Person: Room 170 CKHS Hours of Operation: 8:30AM – 12PM & 1:00PM – 4:15PM, Monday to Friday

Realize. A better you.

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

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.

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 rollers, 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.

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

Tai Chi: is an "internal" martial art and health system that was developed thousands of years ago in accordance with nature-based Taoist cosmology and the all-pervasive principle of yin and yang. Through stretching, QiGong exercises and Tai Chi movements, participants will experience deeper bo

Zumba: The Zumba® program fuses hypnotic rhythm 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.

Yoga Classes

Ashtanga Yoga: Ashtanga yoga is a style of yoga popularized by Sri. K. Pattabhi Jois (1910-2009). 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 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.

Moksha Inspired Yoga: Moksha 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 muscle and reduce 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: 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 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.

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*

Recreation & Athletic Services

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