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: 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: 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 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 class 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!

Cycle Classes

Cycle & Core: Jumpstart your day by using the spin bikes for a great cardio workout. Mats, balls and bands add 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. Love2Live Ageless Grace is an aqua exercise class designed specifically for those 55+ years of age. This class offers an aqua 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 Aquatic Fitness class is great for beginners or anyone who wants to focus on a gentle practice.
#### Yoga Classes

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Day</th>
<th>Time</th>
<th>Level</th>
<th>Description</th>
</tr>
</thead>
</table>
| Jade       | Mon | 6:30PM | Beginner | Yoga for Diabetics
| Marianne   | Mon/Wed | 8:00PM | Intermediate | Stand up Paddle Board Yoga
| Milena     | Tues | 12:05PM | Advanced | Zumba
| Richard    | Wed | 5:30PM | Intermediate | Jiu Jitsu
| Sharlene   | Wed | 7:05PM | All Levels | Ashtanga Yoga
| Milena     | Thurs | 12:05PM | All Levels | Pilates M.E.L.T Method

#### 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 tissue 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: juiujuisz@gmail.com

#### Recreation & Athletic Services

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

To Register Online: [please go to www.uregina.ca/recservices and click the “Register Online” button.](#)