Aquatic Fitness

Adult Female Only Swim Lessons: This course is designed for FEMALES only of all ages 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 ages 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.

Love2Live Water in Motion: 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 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.

*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 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.

Spinning: 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

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 and certified Strength and Conditioning Specialist (CSCS). With emphasis placed on correct technique and movement mechanics, this 6-week class introduces the 3 lifts, set up, execution and ways to modify each movement based on individual need. No experience necessary.

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.

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.
HITT (High Intensity Internal Training): HITT class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high-intensity cardio 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 tissue balls, soft body roller, and techniques mimicking manual therapy.

POUND! is a system that fuses hypertonic 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 workout, to love working out, to get hooked. POUND! Fanatics achieve long term benefits while experiencing an absolute blast in one exciting hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

### 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.

**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 training designed to quiet the mind and prepare you for class. You will learn yoga basics in the same order. Students are encouraged to match their movement with their breath. Suitable for all levels.

**Tai Chi**

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, slowing exercises and Tai Chi movements, participants will experience deeper understanding and experiencing the use of yoga and its physiological impact on the body and understanding the stress response and understanding the stress response and its physiological impact on the body and reducing stress.

**Jiu Jitsu:**

Avid yogi, this class is for you. It 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.

**HIIT (High Intensity Interval Training):**

HIIT POUND! 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, slowing exercises and Tai Chi movements, participants will experience deeper understanding and experiencing the use of yoga and its physiological impact on the body and reducing stress.

**UofR Dance Team Fundraiser**

Come get fit, have fun, and learn to dance with dance fitness instructors from the University of Regina Dance Team. This upbeat, heart pumping class will teach you steps, moves, and choreography inspired by popular dance styles ranging from hip hop and jazz to lyrical and ballet.

**Zumba**

Zumba is a style of exercise that 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 workout, to love working out, to get hooked. Zumba! Fanatics achieve long term benefits while experiencing an absolute blast in one exciting hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

<table>
<thead>
<tr>
<th>CRN</th>
<th>Title</th>
<th>Instructor</th>
<th>Day</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>8204</td>
<td>Step</td>
<td>Alana</td>
<td>Mon</td>
<td>Apr 8</td>
<td>12:05PM</td>
<td>$60.00</td>
<td>$78.00</td>
<td>Dance Studio CK 13</td>
</tr>
<tr>
<td>8195</td>
<td>BodyBarre</td>
<td>Jade</td>
<td>Mon</td>
<td>Apr 8</td>
<td>6:30PM</td>
<td>$84.00</td>
<td>$108.00</td>
<td>Dance Studio CK 13</td>
</tr>
<tr>
<td>8268</td>
<td>Jiu Jitsu</td>
<td>Marianne</td>
<td>Mon/Wed</td>
<td>Apr 10</td>
<td>8:00PM</td>
<td>$150.00</td>
<td>$200.00</td>
<td>Dance Studio CK 13</td>
</tr>
<tr>
<td>8208</td>
<td>Zumba</td>
<td>Milena</td>
<td>Tues</td>
<td>Apr 9</td>
<td>12:05PM</td>
<td>$72.00</td>
<td>$90.00</td>
<td>Gym 3 West End</td>
</tr>
<tr>
<td>8272</td>
<td>Tai Chi</td>
<td>Richard</td>
<td>Wed</td>
<td>Jan 16</td>
<td>10:05PM</td>
<td>$72.00</td>
<td>$90.00</td>
<td>Dance Studio CK 11</td>
</tr>
<tr>
<td>8274</td>
<td>HIIT</td>
<td>Mike</td>
<td>Sun</td>
<td>Jan 13</td>
<td>12:00PM</td>
<td>$84.00</td>
<td>$108.00</td>
<td>FLC/AHIP</td>
</tr>
</tbody>
</table>

### Recreation & Athletic Services

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

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

---

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!