

Spring 2021 *URFit*

Program Brochure

- URFit 2021 Winter Classes are offered to registered University of Regina students ONLY.
- If you are a registered University of Regina student, you will have a valid email in the system. Your login name will be your University of Regina student email account.
- Please do not create a new account. If you do not know your password or have never created an account profile, please choose the *Forgot your password?* link. An email with your temporary password will be sent to your @uregina account. If you do not receive an email with your password, please check your “junk” mail.

Movement, Yoga and Cycle Class Descriptions

15-15-15: Get a total workout in 45 minutes. 15 minutes of cardio training, 15 minutes of strength training and 15 minutes of core and flexibility training.

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.

Body Sculpt: A total muscular and strength and endurance workout utilizing weights, bands and your own body weight. Suitable for beginner and intermediate participants.

Build it Bootcamp: Up the intensity with this high energy bootcamp class. A full body workout that combines weight training and cardiovascular conditioning to help you feel like your strongest and fittest self.

P90X Live: A total-body strength and cardio conditioning class that helps you blast fat and build lean muscle fast. This class is suitable for everyone as options are offered for all fitness levels. Grab your shoes and water bottle and come ready to work!

Pilates: Pilates is the perfect combination to develop strength, flexibility, and balance for your entire body, especially your core and glutes. Focusing on proper technique and alignment, this class can be modified to suit any level.

Spin and Core: This class will challenge you using the spin bike for a great cardio workout followed by core strengthening exercises

PIYO Live: Sweat, stretch, and strengthen in one low-impact, body-sculpting workout. PIYO cranks up the intensity and speed of traditional Pilates and Yoga. This class will focus on balance, flexibility and stretching. Participants require a water bottle and comfortable clothing.

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.

SHIFT: Cardio-based high intensity functional training that allows people of every fitness level to train smarter. You will build a leaner, stronger body while improving range of motion, joint mobility and agility. Participants require shoes, and a water bottle.

Yin Yoga: This yoga is great for those who are athletic and non-athletic. Simple postures are held for longer periods of time and can improve mobility the hips, pelvis, thighs and lower spine. A sense of calmness is often experienced with this practice.

Yoga Fusion: A multi-level class combining yoga sequences connecting movement to the breath with standing balance poses and Pilates inspired core exercise

Zumba: The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you in

To Register Online:

www.uregina.ca/recservices

Click the blue “Register Online” button

For Questions or Concerns: **Email:** ras@uregina.ca

Hours of Operations: 8:30am – 12:00pm & 1:00pm – 4:00pm, Monday to Friday

Spring 2021 *URFit*

IN PERSON FITNESS Scheduled Classes

CRN:	Class Name:	Location:	Day:	Start Date:	End Date:	Start Time:	End Time:	Instructor:
11915	15/15/15	Gym 3	Thurs	06-May	24-Jun	4:35pm	5:20pm	Alana Ottenbreit
11914	15/15/15	Gym 3	Tues	04-May	22-Jun	7:05am	7:55am	Alana Ottenbreit
11918	Ashtanga Yoga	Gym 3	Thurs	04-May	22-Jun	9:00am	9:50am	Arbely Rubalcava
11916	Ashtanga Yoga	Gym 3	Tues	05-May	23-Jun	12:05pm	12:55pm	Arbely Rubalcava
11917	Ashtanga Yoga	Gym 3	Wed	13-May	24-Jun	9:00am	9:50am	Arbely Rubalcava
11919	Body Sculpt	Gym 3	Tues	04-May	22-Jun	12:05pm	12:55pm	Alana Ottenbreit
11955	Body Sculpt	Gym 3	Thurs	06-May	24-Jun	7:05am	7:55am	Alana Ottenbreit
11920	Build It Up Bootcamp	Gym 3	Tues	04-May	22-Jun	8:00pm	9:00pm	Samantha Burko
11921	Build It Up Bootcamp	Gym 3	Thurs	06-May	24-Jun	8:00pm	9:00pm	Samantha Burko
11922	Build It Up Bootcamp	Gym 3	Sat	08-May	26-Jun	9:00am	10:00am	Kristina Reznikovv
11923	P90X	Gym 3	Thurs	06-May	24-Jun	6:30am	7:30pm	Carrie Frostad
11960	Pilates	Gym 3	Sat	08-May	26-Jun	10:30am	11:30am	Karen Rose
11924	PiYo Live	Gym 3	Tues	04-May	22-Jun	6:30pm	7:30pm	Carrie Frostad
11925	POUND!	Gym 3	Mon	03-May	21-Jun	6:00pm	6:45pm	Milena Ehr
11926	POUND!	Gym 3	Wed	05-May	23-Jun	5:00pm	5:45pm	Milena Ehr
11927	SHIFT	Gym 3	Turs	04-May	22-Jun	5:45pm	6:15pm	Carrie Frostad
11928	Spin & Core	Gym 3	Tues	04-May	22-Jun	4:35pm	5:20pm	Alana Ottenbreit
11958	Spin & Core	Gym 3	Thurs	13-May	24-Jun	12:05pm	12:55pm	Alana Ottenbreit
11929	Yin Yoga	Gym 3	Mon	03-May	21-Jun	12:05pm	12:55pm	Arbely Rubalcava
11930	Yin Yoga	Gym 3	Fri	14-May	25-Jun	12:05pm	12:55pm	Arbely Rubalcava
11959	Yoga Fusion	Gym 3	R	06-May	24-Jun	5:30pm	6:20pm	Melody Olson
11931	Zumba	Gym 3	M	03-May	21-Jun	5:00pm	5:45pm	Milena Ehr
11932	Zumba	Gym 3	W	05-May	23-Jun	6:00pm	6:45pm	Milena Ehr

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ONLINE FITNESS Scheduled Classes

CRN:	Class Name:	Location:	Day:	Start Date:	End Date:	Start Time:	End Time:	Instructor:
11961	15/15/15	Gym 3	Thurs	06-May	24-Jun	4:35pm	5:20pm	Alana Ottenbreit
11966	15/15/15	Gym 3	Tues	04-May	22-Jun	7:05am	7:55am	Alana Ottenbreit
11967	Ashtanga Yoga	Gym 3	Thurs	04-May	22-Jun	9:00am	9:50am	Arbely Rubalcava
11968	Ashtanga Yoga	Gym 3	Tues	05-May	23-Jun	12:05pm	12:55pm	Arbely Rubalcava
11969	Ashtanga Yoga	Gym 3	Wed	13-May	24-Jun	9:00am	9:50am	Arbely Rubalcava
11970	Body Sculpt	Gym 3	Tues	04-May	22-Jun	12:05pm	12:55pm	Alana Ottenbreit
11971	Body Sculpt	Gym 3	Thurs	06-May	24-Jun	7:05am	7:55am	Alana Ottenbreit
11972	Build It Up Bootcamp	Gym 3	Tues	04-May	22-Jun	8:00pm	9:00pm	Samantha Burko
11973	Build It Up Bootcamp	Gym 3	Thurs	06-May	24-Jun	8:00pm	9:00pm	Samantha Burko
11974	Build It Up Bootcamp	Gym 3	Sat	08-May	26-Jun	9:00am	10:00am	Kristina Reznikovv
11975	P90X	Gym 3	Thurs	06-May	24-Jun	6:30am	7:30pm	Carrie Frostad
11976	Pilates	Gym 3	Sat	08-May	26-Jun	10:30am	11:30am	Karen Rose
11977	PiYo Live	Gym 3	Tues	04-May	22-Jun	6:30pm	7:30pm	Carrie Frostad
11978	POUND!	Gym 3	Mon	03-May	21-Jun	6:00pm	6:45pm	Milena Ehr
11979	POUND!	Gym 3	Wed	05-May	23-Jun	5:00pm	5:45pm	Milena Ehr
11980	SHIFT	Gym 3	Turs	04-May	22-Jun	5:45pm	6:15pm	Carrie Frostad
11981	Yin Yoga	Gym 3	Mon	03-May	21-Jun	12:05pm	12:55pm	Arbely Rubalcava
11982	Yin Yoga	Gym 3	Fri	14-May	25-Jun	12:05pm	12:55pm	Arbely Rubalcava
11983	Yoga Fusion	Gym 3	R	06-May	24-Jun	5:30pm	6:20pm	Melody Olson
11984	Zumba	Gym 3	M	03-May	21-Jun	5:00pm	5:45pm	Milena Ehr
11985	Zumba	Gym 3	W	05-May	23-Jun	6:00pm	6:45pm	Milena Ehr

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Aquatic Class Description

Deep Water AquaFit: Combination of cardio and muscle conditioning, using interval training. Conducted in the deep end, participants learn to increase their intensity to get the most out of their workout. Class is for all fitness levels and flotation is provided.

Shallow Water AquaFit: This AquaFit class is held in the shallow end and features impact free exercise with a variety of resistance equipment. Shallow Water AquaFit is designed to improve balance, stability, agility, and whole body strength and endurance.

AQUATIC Scheduled Classes

CRN:	Class Name:	Location:	Day:	Start Date:	End Date:	Start Time:	End Time:	Instructor:
11935	Deep Water AquaFit	POOL	Mon	03-May	21-Jun	12:05pm	12:55pm	Elli Neb
11936	Deep Water AquaFit	POOL	Tues	04-May	22-Jun	9:30am	10:15am	Elli Neb
11937	Deep Water AquaFit	POOL	Tues	04-May	22-Jun	7:45pm	8:45pm	Carrie Frostad
11938	Deep Water AquaFit	POOL	Thurs	06-May	24-Jun	9:30am	10:15am	Elli Neb
11939	Deep Water AquaFit	POOL	Thurs	06-May	24-Jun	7:45pm	8:45pm	Carrie Frostad
11940	Shallow Water AquaFit	POOL	Mon	03-May	21-Jun	10:30am	11:25am	Elli Neb
11941	Shallow Water AquaFit	POOL	Tues	04-May	22-Jun	10:30am	11:25am	Ellie Neb
11942	Shallow Water AquaFit	POOL	Wed	05-May	23-Jun	10:30am	11:25am	Ellie Neb
11957	Shallow Water AquaFit	POOL	Fri	07-May	25-Jun	10:30am	11:25am	Elli Neb

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