

Fall 2021

URFit Class Program Schedule | No Class October 14 & November 11

Boot Camp/Strength Conditioning

Barre Fusion: is an intense cardio workout done at the ballet barre formatted to be a heart pumping good time that will help you take your fitness to the next level. This workout is designed to increase your cardiovascular strength while helping you to tone, sculpt, and lengthen your muscles from head to toe. "Tell your body that it is strong, Tell your mind that it is strong, and have unbounded faith and hope in yourself - Swami Vivekananda"

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: 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!

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!

Px90: 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!

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 away.

CRN:	Class Name:	Instructor:	Day:	Time:	Start Date:	End Date:	Price:	Location:
12895	Barre Fusion	Josee O'Blenis	Wed	8:00 pm - 9:00 pm	29-Sep	1-Dec	\$77.22 + GST	CK 113
12850	Body Sculpt	Alana O.	Wed	7:10am - 8:00am	8-Sep	1-Dec	\$74.88 + GST	CK 113
12867	Body Sculpt	Alana O.	Thur	12:10pm - 1:00pm	9-Sep	2-Dec	\$68.64 + GST	Gym 3 (West)
12852	Build it up Bootcamp	Robyn Klein	Mon	12:10pm - 1:00pm	20-Sep	6-Dec	\$62.40 + GST	CK 113
12895	Build it up Bootcamp	Robyn Klein	Fri	6:10am - 7:00am	24-Sep	3-Dec	\$56.16 + GST	CK 113
12903	Build it up Bootcamp	Robyn Klein	Fri	12:10 pm - 1:00 pm	24-Sep	3-Dec	\$62.40 + GST	CK 113
12981	Build it up Bootcamp	Wyatt Weibe	Thur	7:10 am - 8:00 am	23-Sep	2-Dec	\$56.16 + GST	CK 113
12982	Build it up Bootcamp	Jenny Henry	Thur	8:00pm - 9:00pm	23-Sep	2-Dec	\$56.16 + GST	CK 113
12858	POUND	Milena Ehr	Tues	12:10pm - 1:00pm	7-Sep	30-Nov	\$102.96 + GST	CK 113
12869	POUND	Milena Ehr	Wed	4:45pm - 5:35pm	8-Sep	1-Dec	\$102.96 + GST	CK 113
12865	Zumba	Milena Ehr	Mon	4:45pm - 5:35pm	13-Sep	6-Dec	\$94.38 + GST	CK 113
12876	Zumba	Milena Ehr	Wed.	12:10pm - 1:00pm	8-Sep	1-Dec	\$102.96 + GST	Gym 3 (West)

Movement and Cycle Classes

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

CRN:	Class Name:	Instructor:	Day:	Time:	Start Date:	End Date:	Price:	Location:
12860	Spin & Core	Alana O.	Tues	4:45pm - 5:35pm	7-Sep	30-Nov	\$102.96 + GST	CK 113
12870	Spin & Core	Alana O.	Wed	6:10am - 7:00am	8-Sep	1-Dec	\$102.96 + GST	CK 113

Specialty Classes

Introduction to Social/Ballroom Dance: A basic introduction to ballroom/social dance. The course is intended for those with no background whatsoever. The focus is on the most common types ballroom/social dance.

CRN:	Class Name:	Instructor:	Day:	Time:	Start Date:	End Date:	Community Price:	Location:
12881	Intro to Social/Ballroom Dance	Harold Riemer	Mon	7:00 pm - 8:00 pm	20-Sep	2-Dec	\$83.20 + GST	CK 113

Yoga Classes

Dynamic Vinyasa Flow: Combining meditation, breath-work and energizing movement. Warming the body through gentler poses while gradually progressing to more challenging flowing sequences. Linking movement and breath to attain balance in the mind and body, connecting to your inner strength!

Hatha Yoga: This class will use a variety of poses to stretch, strengthen, and relax your muscles, while providing a brief meditation to end the class. All people at all levels welcome!

Yang/Yin Yoga: Yang/Yin begins as an energizing, uplifting Yoga practice with stronger Asanas (Yoga poses) that depend on muscular strength and stability (masculine energy). The practice then develops into a deep and introspective one, with minimal muscular effort, primarily targeting the hips, pelvis and spine (feminine energy).

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

CRN:	Class Name:	Instructor:	Day:	Time:	Start Date:	End Date:	Price:	Location:
12880	Dynamic Vinyasa Flow	Josee O'Blenis	Sat	11:10am - 12:10pm	11-Sep	4-Dec	\$125.84 + GST	CK 113
12877	Hatha Yoga	Tyler Meadows	Tues	9:00 am - 9:50 am	7-Sep	30-Nov	\$115.44 + GST	CK 113
12878	Hatha Yoga	Tyler Meadows	Thur	9:00 am - 9:50 am	9-Sep	2-Dec	\$105.82 + GST	CK 222
12861	Yang-Yin Yoga	Fran Switzer	Mon	6:10 am - 7:00 am	13-Sep	6-Dec	\$105.82 + GST	CK 113
12872	Yang-Yin Yoga	Fran Switzer	Thur	6:10 am - 7:00 am	9-Sep	2-Dec	\$105.82 + GST	CK 113
12863	Yoga Fushion	Melody Olson	Wed	5:45 pm - 6:45 pm	8-Sep	1-Dec	\$137.28 + GST	CK 113

Aquatic Classes

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.

CRN:	Class Name:	Instructor:	Day:	Time:	Start Date:	End Date:	Price:	Location:
12842	Deep Water Aquafit	Ellie Neb	Tues	9:30am - 10:15am	7-Sep	30-Nov	\$81.12 + GST	Deep Pool
12844	Deep Water Aquafit	Ellie Neb	Wed	10:30am - 11:15am	8-Sep	1-Dec	\$81.12 + GST	Deep Pool
12845	Deep Water Aquafit	Ellie Neb	Thur	9:30am - 10:15am	9-Sep	2-Dec	\$74.36 + GST	Deep Pool
12846	Deep Water Aquafit	Carrie Frostad	Thur	7:45pm - 8:30pm	9-Sep	2-Dec	\$74.36 + GST	Deep Pool
12986	Deep Water Aquafit	Elli Neb	Mon	9:30 am - 10:15 am	4-Oct	6-Dec	\$49.92 + GST	Deep Pool
12987	Deep Water Aquafit	Elli Neb	Wed	9:30 am - 10:15 am	6-Oct	1-Dec	\$49.92 + GST	Deep Pool
12847	Shallow Water Aquafit	Ellie Neb	Tues	10:30am - 11:15am	7-Sep	30-Nov	\$81.12 + GST	Pool
12848	Shallow Water Aquafit	Ellie Neb	Thur	10:30am - 11:25am	9-Sep	2-Dec	\$74.36 + GST	Pool
12849	Shallow Water Aquafit	Ellie Neb	Fri	10:30am - 11:15am	10-Sep	3-Dec	\$81.12 + GST	Pool

Please Note: prices vary to reflect class size, duration and number of sessions

**** If a class has been canceled, a make-up class will be scheduled**

Registered University of Regina students and active FLC Member receive member pricing!

Please sign in with your @uregina.ca email to have the student discount applied online

By Phone: (306) 585-4371 **Email:** khs.cs@uregina.ca **Online 24/7:** www.uregina.ca/recservices

In

Person: Room CK 170 **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