## URFit Program Schedule | No Class on Oct. 10, Nov. 7, 8, 9, 10, 11

### Boot Camp/Strength Conditioning

**Barre Fusion:** 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.

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

**Build It Up 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.

**Tabata:** Tabata is a High Intensity Interval Training (HIIT) class alternating between 20 seconds of max intensity and 10 seconds of rest.

**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.

**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.

### 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.

### Yoga Classes

**Beginner Yoga:** 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.

**Ashtanga Yoga:** 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.

**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 in the hips, pelvis, thighs and lower spine. A sense of calmness is often experienced with this practice.

**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!

### CRN | Class Name | Instructor | Day | Time | Start Date | End Date | Price | Location
---|---|---|---|---|---|---|---|---
14264 | Barre Fusion | Josee O'Brien | Mon. | 5:45 pm - 6:45 pm | 12-Sep | 5-Dec | $94.38 | CK 113
14265 | Barre Fusion | Josee O'Brien | Sat. | 10:00 am - 11:00 am | 10-Sep | 3-Dec | $94.38 | CK 113
14271 | Body Sculpt | Alana O. | Wed. | 7:10 am - 8:00 am | 7-Sep | 30-Nov | $74.88 | CK 113
14272 | Body Sculpt | Alana O. | Thu. | 12:10 pm - 1:00 pm | 8-Sep | 1-Dec | $74.88 | CK 113
14273 | Build It Up Bootcamp | Robyn Klein | Tue. | 7:10 am - 8:00 am | 6-Sep | 6-Dec | $81.12 | CK 113
14283 | Build It Up Bootcamp | Robyn Klein | Thu. | 7:10 am - 8:00 am | 8-Sep | 1-Dec | $74.88 | CK 113
14279 | Tabata | Eduardo T. | Wed. | 7:00 pm - 8:00 pm | 7-Sep | 30-Nov | $74.88 | CK 113
14285 | POUND! | Milena Ehr | Tue. | 12:10 pm - 1:00 pm | 6-Sep | 6-Dec | $111.54 | CK 113
14288 | Zumba | Milena Ehr | Mon. | 4:45 pm - 5:35 pm | 12-Sep | 5-Dec | $94.38 | CK 113
14282 | Zumba | Milena Ehr | Wed. | 12:10 pm - 1:00 pm | 7-Sep | 30-Nov | $102.96 | CK 113
14281 | Zumba | Milena Ehr | Wed. | 4:45 pm - 5:35 pm | 7-Sep | 30-Nov | $102.96 | CK 113

**CRN | Class Name | Instructor | Day | Time | Start Date | End Date | Price | Location
---|---|---|---|---|---|---|---|---
14276 | Intro to Social/Ballroom Dance | Harold Riemer | Mon. | 7:00 pm - 8:00 pm | 12-Sep | 5-Dec | $94.38 | CK 113

**CRN | Class Name | Instructor | Day | Time | Start Date | End Date | Price | Location
---|---|---|---|---|---|---|---|---
14266 | Beginner Yoga | Fran Switzer | Mon. | 6:10 am - 7:00 am | 12-Sep | 5-Dec | $105.82 | CK 113
14267 | Beginner Yoga | Arbel Rubalcava | Mon. | 12:10 pm - 1:00 pm | 12-Sep | 5-Dec | $96.20 | CK 113
14270 | Beginner Yoga | Melody Olson | Wed. | 5:45 pm - 6:45 pm | 7-Sep | 30-Nov | $115.44 | CK 113
14268 | Beginner Yoga | Fran Switzer | Thu. | 6:10 am - 7:00 am | 8-Sep | 1-Dec | $115.44 | CK 113
14269 | Beginner Yoga | Fran Switzer | Fri. | 12:10 pm - 1:00 pm | 9-Sep | 2-Dec | $115.44 | CK 113
14533 | Ashtanga Yoga | Arbel Rubalcava | Thu. | 4:45 pm - 5:35 pm | Oct. 6 | 1-Dec | $76.96 | CK 113
14534 | Yin Yoga | Arbel Rubalcava | Mon. | 11:00 am - 11:50 am | Oct. 3 | 5-Dec | $67.34 | CK 113
14535 | Yin Yoga | Arbel Rubalcava | Wed. | 11:00 am - 11:50 am | Oct. 5 | 30-Nov | $76.96 | CK 113
14536 | Yin Yoga | Arbel Rubalcava | Thu. | 3:45 pm - 4:35 pm | Oct. 6 | 1-Dec | $76.96 | CK 113
14274 | Hatha Yoga | Tyler Meadows | Tue. | 9:10 am - 10:00 am | 6-Sep | 6-Dec | $125.06 | CK 113
14275 | Hatha Yoga | Tyler Meadows | Thu. | 9:10 am - 10:00 am | 8-Sep | 1-Dec | $115.44 | 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: 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.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Class Name</th>
<th>Instructor</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Price</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>14286</td>
<td>Deep Water AquaFit</td>
<td>Elli Neb</td>
<td>Mon.</td>
<td>10:30 am - 11:15 am</td>
<td>12-Sep</td>
<td>5-Dec</td>
<td>$82.94</td>
<td>Deep Pool</td>
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<tr>
<td>14290</td>
<td>Deep Water AquaFit</td>
<td>Elli Neb</td>
<td>Tue.</td>
<td>9:30 am - 10:15 am</td>
<td>6-Sep</td>
<td>6-Dec</td>
<td>$98.02</td>
<td>Deep Pool</td>
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<tr>
<td>14289</td>
<td>Deep Water AquaFit</td>
<td>Melody Olson</td>
<td>Tue.</td>
<td>7:45 pm - 8:30 pm</td>
<td>6-Sep</td>
<td>6-Dec</td>
<td>$98.02</td>
<td>Deep Pool</td>
</tr>
<tr>
<td>14291</td>
<td>Deep Water AquaFit</td>
<td>Elli Neb</td>
<td>Wed.</td>
<td>10:30 am - 11:15 am</td>
<td>7-Sep</td>
<td>30-Nov</td>
<td>$90.48</td>
<td>Deep Pool</td>
</tr>
<tr>
<td>14288</td>
<td>Deep Water AquaFit</td>
<td>Elli Neb</td>
<td>Thu.</td>
<td>9:30 am - 10:15 am</td>
<td>8-Sep</td>
<td>1-Dec</td>
<td>$90.48</td>
<td>Deep Pool</td>
</tr>
<tr>
<td>14295</td>
<td>Shallow Water AquaFit</td>
<td>Elli Neb</td>
<td>Tue.</td>
<td>10:30 am - 11:15 am</td>
<td>6-Sep</td>
<td>6-Dec</td>
<td>$90.48</td>
<td>Shallow Pool</td>
</tr>
<tr>
<td>14294</td>
<td>Shallow Water AquaFit</td>
<td>Elli Neb</td>
<td>Thu.</td>
<td>10:30 am - 11:15 am</td>
<td>8-Sep</td>
<td>1-Dec</td>
<td>$90.48</td>
<td>Shallow Pool</td>
</tr>
<tr>
<td>14293</td>
<td>Shallow Water AquaFit</td>
<td>Elli Neb</td>
<td>Fri.</td>
<td>10:30 am - 11:15 am</td>
<td>9-Sep</td>
<td>2-Dec</td>
<td>$90.48</td>
<td>Shallow Pool</td>
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**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.

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<tr>
<th>CRN</th>
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<th>Instructor</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Price</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>14277</td>
<td>Spin &amp; Core</td>
<td>Alana O.</td>
<td>Tue.</td>
<td>4:45 pm - 5:35 pm</td>
<td>6-Sep</td>
<td>6-Dec</td>
<td>$111.54</td>
<td>CK 113</td>
</tr>
<tr>
<td>14278</td>
<td>Spin &amp; Core</td>
<td>Alana O.</td>
<td>Wed.</td>
<td>6:10 am - 7:00 am</td>
<td>7-Sep</td>
<td>30-Nov</td>
<td>$102.96</td>
<td>CK 113</td>
</tr>
</tbody>
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**Martial Arts Club**

UR Karate club: Traditional Karate Shotokan style. Begin and end with a brief period a meditation to quiet ones mind in preparation to train and again still ones mind to digest the training. The class will involve an active warmup including stretching and strengthening exercise to prepare for karate practice which will include basics(kihon), form perfection(kata) and working with partners(kumite). Much of the training will involve building your core structure along with awareness of positional effectiveness(timing and distancing) in practical application situations. 12-month FLC members and U of R Students get $50.00 discount.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Class Name</th>
<th>Instructor</th>
<th>Day</th>
<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Price</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>14296</td>
<td>UR Karate Club</td>
<td>Basil</td>
<td>Thu.</td>
<td>7:00 pm - 8:30 pm</td>
<td>8-Sep</td>
<td>1-Dec</td>
<td>$150.00</td>
<td>CK 113</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Fri.</td>
<td>7:00 pm - 8:30 pm</td>
<td>9-Sep</td>
<td>2-Dec</td>
<td></td>
<td>CK 222</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sat.</td>
<td>1:00 pm - 2:30 pm</td>
<td>10-Sep</td>
<td>3-Dec</td>
<td></td>
<td>CK 222</td>
</tr>
</tbody>
</table>

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

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

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