URFit Program Guide - Winter 2024

No Class on February 19, 20, 21, 22, 23, 24

Boot Camp/Strength Conditioning

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

**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.

### 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.

**Flow 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.

**Mindfulness Meditation:** You will learn the basics of mindfulness meditation, such as how to sit, breathe, and observe your thoughts and feelings. It can help you to reduce stress, improve your mood, and enhance your well-being.

**Rise & Shine Yoga:** Get up early for Rise & Shine Yoga to start off the day with improved flexibility, mental focus, and concentration to prepare you for a day of work or university classes!

**Vinyasa Yoga:** A yoga practice that connects individual poses or “asanas” with deep breaths in a series of flowing sequences of movement. Each sequence in a Vinyasa yoga class builds upon the previous, evolving into deeper, more advanced postures as the practice unfolds. Can be modified 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.

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

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

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

By Phone: (306) 585-4371  
Email: kbs.cs@uregina.ca  
Online 24/7: [www.uregina.ca/recservices](http://www.uregina.ca/recservices)

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**Body Sculpt**

<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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<tbody>
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<td>Tue.</td>
<td>12:10 pm - 1:00 pm</td>
<td>09-Jan</td>
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<td>09-Apr</td>
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<td>4:45 pm - 5:35 pm</td>
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<td>10-Apr</td>
<td>$111.54</td>
<td>CK 113</td>
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**Yoga Classes**

<table>
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<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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<tr>
<td>15715</td>
<td>Beginner Yoga</td>
<td>Sacha Wolfson</td>
<td>Tues.</td>
<td>9:00 am - 9:50 am</td>
<td>09-Jan</td>
<td>09-Apr</td>
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<td>15747</td>
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<td>Fran Switzer</td>
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<td>12-Apr</td>
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<td>Sacha Wolfson</td>
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<td>12:10 pm - 1:00 pm</td>
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<td>5:45 pm - 6:45 pm</td>
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<td>10-Apr</td>
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<td>15750</td>
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<td>Sat.</td>
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<td>13-Jan</td>
<td>13-Apr</td>
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<td>CK 113</td>
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<td>6:30 am - 7:20 am</td>
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<td>08-Apr</td>
<td>$125.06</td>
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<td>11-Jan</td>
<td>11-Apr</td>
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<td>15721</td>
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<td>08-Apr</td>
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<tr>
<td>15749</td>
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<td>Ekin</td>
<td>Fri.</td>
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<td>15722</td>
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<td>Sacha Wolfson</td>
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<td>11:00 am - 11:50 am</td>
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<td>3:45 pm - 4:35 pm</td>
<td>11-Jan</td>
<td>11-Apr</td>
<td>$125.06</td>
<td>CK 113</td>
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</table>
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.

CRN | Class Name | Instructor | Day Time | Start Date | End Date | Price | Location
--- | --- | --- | --- | --- | --- | --- | ---
15724 | Deep Water AquaFit | Elli Neb | Mon. 9:30 am - 10:15 am | 08-Jan | 15-Apr | $105.56 | Deep Pool
15728 | Deep Water AquaFit | Elli Neb | Mon. 10:30 am - 11:15 am | 08-Jan | 15-Apr | $105.56 | Deep Pool
15729 | Deep Water AquaFit | Elli Neb | Mon. 12:15 pm - 1:00 pm | 08-Jan | 15-Apr | $105.56 | Deep Pool
15730 | Deep Water AquaFit | Elli Neb | Tue. 9:30 am - 10:15 am | 09-Jan | 09-Apr | $98.02 | Deep Pool
15731 | Deep Water AquaFit | Melody Olson | Tue. 7:45 pm - 8:30 pm | 09-Jan | 09-Apr | $98.02 | Deep Pool
15732 | Deep Water AquaFit | Elli Neb | Wed. 9:30 am - 10:15 am | 10-Jan | 10-Apr | $90.48 | Deep Pool
15733 | Deep Water AquaFit | Elli Neb | Wed. 10:30 am - 11:15 am | 10-Jan | 10-Apr | $98.02 | Deep Pool
15734 | Deep Water AquaFit | Elli Neb | Wed. 12:15 pm - 1:00 pm | 10-Jan | 10-Apr | $98.02 | Deep Pool
15735 | Deep Water AquaFit | Elli Neb | Thu. 9:30 am - 10:15 am | 11-Jan | 11-Apr | $98.02 | Deep Pool
15725 | Shallow Water AquaFit | Elli Neb | Tue. 10:30 am - 11:15 am | 09-Jan | 09-Apr | $98.02 | Shallow Pool
15726 | Shallow Water AquaFit | Elli Neb | Thu. 10:30 am - 11:15 am | 11-Jan | 11-Apr | $98.02 | Shallow Pool
15611 | Shallow Water AquaFit | Elli Neb | Fri. 10:30 am - 11:15 am | 12-Jan | 12-Apr | $90.48 | Shallow Pool

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
--- | --- | --- | --- | --- | --- | --- | ---
15720 | Spin & Core | Alana O. | Tue. 4:45 pm - 5:35 pm | 09-Jan | 09-Apr | $111.54 | CK 113
15748 | Spin & Core | Alana O. | Fri. 1:10 pm - 2:00 pm | 12-Jan | 12-Apr | $102.96 | CK 113

Martial Arts Clubs

Judo: a dynamic sport that teaches throws, holds and submissions in a way that can be practiced safely and applied to competition, fitness, and life. It teaches many direct lessons in the way of physical movement, self defense, and fitness as well as many indirect benefits of mental and physical well being.

CRN | Class Name | Instructor | Day Time | Start Date | End Date | Price | Location
--- | --- | --- | --- | --- | --- | --- | ---
15680 | Judo: Cubs (7-12) | Christopher D. | MonWed 6:00 pm - 7:30 pm | 08-Jan | 15-May | $204.00 | CK 222
15681 | Judo: Cougars (13-17) | Christopher D. | MonWed 6:00 pm - 7:30 pm | 08-Jan | 15-May | $260.00 | CK 222
15683 | Judo: U19 Student | Christopher D. | MonWed 6:00 pm - 7:30 pm | 08-Jan | 15-May | $130.00 | CK 222
15671 | Karate Club (9-13) | Basil S. | TueThu 6:00 pm - 7:00 pm | 09-Jan | 25-Apr | $300.00 | CK 113
15672 | Karate Club (14+) | Basil S. | TueThu 7:00 pm - 8:00 pm | 09-Jan | 25-Apr | $300.00 | CK 113

UR Gold

UR Gold: a circuit training class focused on enhancing functionality for individuals with one-controlled health condition. A variety of exercises and equipment are used to increase muscular strength, endurance, cardiovascular fitness, and range of motion. UR Gold is designed by a Certified Exercise Physiologist to meet the individual’s goals in a group setting. All participants will receive a complimentary pass to the FLC for the duration of the registered program. This class does not qualify for the 12-month FLC member or U of R Student course discounts.

CRN | Class Name | Instructor | Day Time | Start Date | End Date | Price | Location
--- | --- | --- | --- | --- | --- | --- | ---
15908 | UR Gold | Jessica Lewgood | MonWed 11:00 am - 12:00 pm | 15-Jan | 24-Apr | $145.60 | Track - FLC West End
15909 | UR Gold | Jessica Lewgood | MonWed 12:00 pm - 1:00 pm | 15-Jan | 24-Apr | $145.60 | Track - FLC West End
15910 | UR Gold | Jessica Lewgood | MonWed 1:00 pm - 2:00 pm | 15-Jan | 24-Apr | $145.60 | Track - FLC West End
15911 | UR Gold | Jessica Lewgood | MonWed 2:00 pm - 3:00 pm | 15-Jan | 24-Apr | $145.60 | Track - FLC West End
15912 | UR Gold | Jessica Lewgood | TueThu 11:00 am - 12:00 pm | 16-Jan | 25-Apr | $145.60 | Track - FLC West End
15913 | UR Gold | Jessica Lewgood | TueThu 12:00 pm - 1:00 pm | 16-Jan | 25-Apr | $145.60 | Track - FLC West End

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In Person: Room CK 170  Hours of Operation: Monday - Friday: 8:30 a.m. – 12:00 p.m. & 1:00 p.m. – 4:15 p.m.

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