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.

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**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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**URFit Programs are free for University students who have been assessed the Student Services, Health, and Wellness fee and members that hold a 12 month FLC membership or the Fitness & Lifestyle and Aquatics Bundle.**

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

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

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

Movement and Cycle Classes

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.

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 membership or U of R Student course discounts.

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: khs.cs@uregina.ca Online 24/7: www.uregina.ca/recservices

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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