## CRN Class Name Instructor Day Time Start Date End Date Price Location
15716 Body Sculpt Alana O. Tue. 12:10 pm - 1:00 pm 09-Jan 09-Apr $81.12 CK 113
15737 Body Sculpt Alana O. Wed. 7:15 am - 8:00 am 10-Jan 10-Apr $81.12 CK 113
15744 Body Sculpt Alana O. Thu. 12:10 pm - 1:00 pm 11-Jan 11-Apr $81.12 CK 113
15718 POUND! Milena Ehr Tue. 12:10 pm - 1:00 pm 09-Jan 09-Apr $111.54 Gym 2
15723 Zumba Milena Ehr Mon. 4:45 pm - 5:35 pm 08-Jan 08-Apr $111.54 CK 113
15736 Zumba Morgan Reichert Mon. 7:00 pm - 7:50 pm 08-Jan 08-Apr $111.54 CK 113
15740 Zumba Milena Ehr Wed. 12:10 pm - 1:00 pm 10-Jan 10-Apr $94.38 Gym 1
15741 Zumba Milena Ehr Wed. 4:45 pm - 5:35 pm 10-Jan 10-Apr $111.54 CK 113
15715 Beginner Yoga Sacha Wolfson Tues. 9:00 am - 9:50 am 09-Jan 09-Apr $125.06 CK 113
15747 Beginner Yoga Fran Switzer Fri. 12:10 pm - 1:00 pm 12-Jan 12-Apr $115.44 CK 113
15717 Flow Yoga Sacha Wolfson Wed. 12:10 pm - 1:00 pm 10-Jan 10-Apr $115.44 CK 113
15742 Flow Yoga Melody Olson Wed. 5:45 pm - 6:45 pm 10-Jan 10-Apr $125.06 CK 113
15750 Flow Yoga Sacha Wolfson Sat. 12:00 pm - 1:00 pm 13-Jan 13-Apr $125.06 CK 113
15739 Mindfulness Meditation Sacha Wolfson Wed. 11:00 am - 11:50 am 10-Jan 10-Apr $115.44 CK 113
15719 Rise & Shine Yoga Fran Switzer Mon. 6:30 am - 7:20 am 08-Jan 08-Apr $125.06 CK 113
15743 Rise & Shine Yoga Fran Switzer Thu. 6:30 am - 7:20 am 11-Jan 11-Apr $125.06 CK 113
15721 Vinyasa Yoga Sacha Wolfson Mon. 12:10 pm - 1:00 pm 08-Jan 08-Apr $125.06 CK 113
15738 Vinyasa Yoga Keisha Eagleson Wed. 10:00 am - 10:50 am 10-Jan 10-Apr $115.44 CK 113
15746 Vinyasa Yoga Ekin Thu. 4:45 pm - 5:35 pm 11-Jan 11-Apr $125.06 CK 113
15749 Vinyasa Yoga Ekin Fri. 4:00 pm - 4:50 pm 12-Jan 12-Apr $115.44 CK 113
15722 Yin Yoga Sacha Wolfson Mon. 11:00 am - 11:50 am 08-Jan 08-Apr $125.06 CK 113
15745 Yin Yoga Sacha Wolfson Thu. 3:45 pm - 4:35 pm 11-Jan 11-Apr $125.06 CK 113

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

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.

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

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

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### 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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### Boot Camp/Strength Conditioning

**URFit Program Guide - Winter 2024**

No Class on February 19, 20, 21, 22, 23, 24
**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>15724</td>
<td>Deep Water AquaFit</td>
<td>Elli Neb</td>
<td>Mon.</td>
<td>9:30 am - 10:15 am</td>
<td>08-Jan 15-Apr</td>
<td>$105.56</td>
<td>Deep Pool</td>
<td></td>
</tr>
<tr>
<td>15728</td>
<td>Deep Water AquaFit</td>
<td>Elli Neb</td>
<td>Mon.</td>
<td>10:30 am - 11:15 am</td>
<td>08-Jan 15-Apr</td>
<td>$105.56</td>
<td>Deep Pool</td>
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<td>15729</td>
<td>Deep Water AquaFit</td>
<td>Elli Neb</td>
<td>Mon.</td>
<td>12:15 pm - 1:00 pm</td>
<td>08-Jan 15-Apr</td>
<td>$105.56</td>
<td>Deep Pool</td>
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<td>15730</td>
<td>Deep Water AquaFit</td>
<td>Elli Neb</td>
<td>Tue.</td>
<td>9:30 am -10:15 am</td>
<td>09-Jan 09-Apr</td>
<td>$98.02</td>
<td>Deep Pool</td>
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</tr>
<tr>
<td>15731</td>
<td>Deep Water AquaFit</td>
<td>Melody Olson</td>
<td>Tue.</td>
<td>7:45 pm - 8:30 pm</td>
<td>09-Jan 09-Apr</td>
<td>$98.02</td>
<td>Deep Pool</td>
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<td>15732</td>
<td>Deep Water AquaFit</td>
<td>Elli Neb</td>
<td>Wed.</td>
<td>9:30 am - 10:15 am</td>
<td>10-Jan 10-Apr</td>
<td>$90.48</td>
<td>Deep Pool</td>
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<td>15733</td>
<td>Deep Water AquaFit</td>
<td>Elli Neb</td>
<td>Wed.</td>
<td>10:30 am - 11:15 am</td>
<td>10-Jan 10-Apr</td>
<td>$98.02</td>
<td>Deep Pool</td>
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<td>15634</td>
<td>Deep Water AquaFit</td>
<td>Elli Neb</td>
<td>Wed.</td>
<td>12:15 pm - 1:00 pm</td>
<td>10-Jan 10-Apr</td>
<td>$98.02</td>
<td>Deep Pool</td>
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<tr>
<td>15635</td>
<td>Deep Water AquaFit</td>
<td>Elli Neb</td>
<td>Thu.</td>
<td>9:30 am - 10:15 am</td>
<td>11-Jan 11-Apr</td>
<td>$98.02</td>
<td>Deep Pool</td>
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<td>15725</td>
<td>Shallow Water AquaFit</td>
<td>Elli Neb</td>
<td>Tue.</td>
<td>10:30 am - 11:15 am</td>
<td>09-Jan 09-Apr</td>
<td>$98.02</td>
<td>Shallow Pool</td>
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<td>15726</td>
<td>Shallow Water AquaFit</td>
<td>Elli Neb</td>
<td>Thu.</td>
<td>10:30 am - 11:15 am</td>
<td>11-Jan 11-Apr</td>
<td>$98.02</td>
<td>Shallow Pool</td>
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<tr>
<td>15631</td>
<td>Shallow Water AquaFit</td>
<td>Elli Neb</td>
<td>Fri.</td>
<td>10:30 am - 11:15 am</td>
<td>12-Jan 12-Apr</td>
<td>$90.48</td>
<td>Shallow Pool</td>
<td></td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Class Name</th>
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<th>Time</th>
<th>Start Date</th>
<th>End Date</th>
<th>Price</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Spin &amp; Core</td>
<td>Alana O.</td>
<td>Tue.</td>
<td>4:45 pm - 5:35 pm</td>
<td>09-Jan 09-Apr</td>
<td>$111.54</td>
<td>CK 113</td>
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</tr>
<tr>
<td>15748</td>
<td>Spin &amp; Core</td>
<td>Alana O.</td>
<td>Fri.</td>
<td>1:10 pm - 2:00 pm</td>
<td>12-Jan 12-Apr</td>
<td>$102.96</td>
<td>CK 113</td>
<td></td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Class Name</th>
<th>Instructor</th>
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<th>Time</th>
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<th>End Date</th>
<th>Price</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>15680</td>
<td>Judo: Cubs (7-12)</td>
<td>Christopher D.</td>
<td>Mon/Wed</td>
<td>6:00 pm - 7:30 pm</td>
<td>08-Jan 15-May</td>
<td>$340.00</td>
<td>CK 222</td>
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<tr>
<td>15681</td>
<td>Judo: Cougars (13-17)</td>
<td>Christopher D.</td>
<td>M/W/Sa</td>
<td>6:00 pm - 7:30 pm</td>
<td>08-Jan 15-May</td>
<td>$561.00</td>
<td>CK 222</td>
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<tr>
<td>15683</td>
<td>Judo: UofR Student</td>
<td>Christopher D.</td>
<td>M/W/Sa</td>
<td>6:00 pm - 7:30 pm</td>
<td>08-Jan 15-May</td>
<td>$255.00</td>
<td>CK 222</td>
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<tr>
<td>15871</td>
<td>Karate Club (9-13)</td>
<td>Basil S.</td>
<td>Tue/Thu</td>
<td>6:00 pm - 7:00 pm</td>
<td>09-Jan 25-Apr</td>
<td>$300.00</td>
<td>CK 113</td>
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<tr>
<td>15872</td>
<td>Karate Club (14+)</td>
<td>Basil S.</td>
<td>Tue/Thu</td>
<td>7:00 pm - 8:00 pm</td>
<td>09-Jan 25-Apr</td>
<td>$300.00</td>
<td>CK 113</td>
<td></td>
</tr>
</tbody>
</table>

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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.

To Register Online: Please go to www.uregina.ca/reservices and click the "Register Online" button