

# 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.

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

## 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 wit 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.

CRN	Class Name	Instructor	Day	Time	Start Date	End Date	Price	Location
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	CK113
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	CK113
15745	Yin Yoga	Sacha Wolfson	Thu.	3:45 pm - 4:35 pm	11-Jan	11-Apr	\$125.06	CK113

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](http://www.uregina.ca/recservices)

To Register Online: Please go to [www.uregina.ca/recservices](http://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.

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
15727	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
15916	Spin & Core	Alana O.	Wed.	6:15 am - 7:05 am	10-Jan	10-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.	Mon/Wed	6:00 pm - 7:30 pm	08-Jan	15-May	\$204.00	CK 222
15681	Judo: Cougars (13-17)	Christopher D.	M/W/Sa	6:00 pm - 7:30 pm	08-Jan	15-May	\$260.00	CK 222
				10:00 am - 12:30 pm				
15683	Judo: UofR Student	Christopher D.	M/W/Sa	6:00 pm - 7:30 pm	08-Jan	15-May	\$130.00	CK 222
				10:00 am - 12:30 pm				
15871	Karate Club (9-13)	Basil S.	Tue/Thu	6:00 pm - 7:00 pm	09-Jan	25-Apr	\$300.00	CK 113
15872	Karate Club (14+)	Basil S.	Tue/Thu	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	Mon/Wed	11:00 am - 12:00 pm	15-Jan	24-Apr	\$145.60	Track - FLC West End
15909	UR Gold	Jessica Lewgood	Mon/Wed	12:00 pm - 1:00 pm	15-Jan	24-Apr	\$145.60	Track - FLC West End
15910	UR Gold	Jessica Lewgood	Mon/Wed	1:00 pm - 2:00 pm	15-Jan	24-Apr	\$145.60	Track - FLC West End
15911	UR Gold	Jessica Lewgood	Mon/Wed	2:00 pm - 3:00 pm	15-Jan	24-Apr	\$145.60	Track - FLC West End
15912	UR Gold	Jessica Lewgood	Tue/Thu	11:00 am - 12:00 pm	16-Jan	25-Apr	\$145.60	Track - FLC West End
15913	UR Gold	Jessica Lewgood	Tue/Thu	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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