## Fall 2021
URFit Class Program Schedule | No Class October 14 & November 11

### Boot Camp/Strength Conditioning

**Build it 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.

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

**P90x:** A total-body strength and cardio conditioning class that helps you blast fat and build lean muscle fast. This class is suitable for everyone as options are offered for all fitness levels. Grab your shoes and water bottle and come ready to work!

**PIYO Live:** Sweat, stretch, and strengthen in one low-impact, body-sculpting workout. PIYO cranks up the intensity and speed of traditional Pilates and Yoga. This class will focus on balance, flexibility and stretching. Participants require a water bottle and comfortable clothing.

**POUND:** Sweat, sculpt & ROCK with POUND, the fastest growing group fitness phenomenon inspired by the sweat-dripping, infectious, energizing fun of drumming!

**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.

### Movement and Cycle Classes

**Spin:** High-intensity workout for participants of all levels. Instructors fit you to your bike and take you through varied intervals while improving your cardiovascular endurance! Be ready to sweat!

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

### 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.

<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>
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<tbody>
<tr>
<td>12850</td>
<td>Body Sculpt</td>
<td>Alana O.</td>
<td>Wed</td>
<td>7:10am - 8:00am</td>
<td>8-Sep</td>
<td>1-Dec</td>
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<td>2-Dec</td>
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<td>1-Dec</td>
<td>$102.96 + GST</td>
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<td>12881</td>
<td>Intro to Social/Ballroom Dance</td>
<td>Harold Riemer</td>
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### Yoga Classes

**Dynamic Vinyasa Flow:** Combining meditation, breath-work and energizing movement. Warming the body through gentler poses while gradually progressing to more challenging flowing sequences. Linking movement and breath to attain balance in the mind and body, connecting to your inner strength!

**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!

**Yang/Yin Yoga:** Yang/Yin begins as an energizing, uplifting Yoga practice with stronger Asanas (Yoga poses) that depend on muscular strength and stability (masculine energy). The practice then develops into a deep and introspective one, with minimal muscular effort, primarily targeting the hips, pelvis and spine (feminine energy).

**Yin/Yang Yoga:** A yoga class with all the flexibility! Sometimes Warm, other times cool. Alignment based postures. Movement mixed with stillness. Always focused & balanced! All levels welcome!

**Yoga Fusion:** A multi-level class combining yoga sequences connecting movement to the breath with standing balance poses and Pilates inspired core exercises.

### 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:** This AquaFit class is held in the shallow end and features 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.

### Pricing

- **Dynamic Vinyasa Flow**:
  - CRN: 12879
  - Price: $137.28 + GST
  - CK 113

- **Dynamic Vinyasa Flow**:
  - CRN: 12880
  - Price: $125.84 + GST
  - CK 113

- **Hatha Yoga**:
  - CRN: 12877
  - Price: $115.44 + GST
  - CK 113

- **Hatha Yoga**:
  - CRN: 12878
  - Price: $105.82 + GST
  - CK 113

- **Yang-Yin Yoga**:
  - CRN: 12861
  - Price: $105.82 + GST
  - CK 113

- **Yang-Yin Yoga**:
  - CRN: 12872
  - Price: $105.82 + GST
  - CK 113

- **Yin-Yang Flow**:
  - CRN: 12874
  - Price: $105.82 + GST
  - CK 113

- **Yin-Yang Flow**:
  - CRN: 12875
  - Price: $105.82 + GST
  - CK 113

- **Yoga Fusion**:
  - CRN: 12863
  - Price: $137.28 + GST
  - CK 113

### Contact Information

- 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

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**Important Notes:**

- 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.