



Meadow Park Sports Centre

# FITNESS CLASSES, PROGRAMS & SERVICES

January 6-31, 2025

\*\*Schedule subject to change\*\*

Register and view online:  
[whistler.ca/recreation](http://whistler.ca/recreation)

Information line:  
604-935-PLAY (7529)

## FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>I</b> Mountain Ready Conditioning 7:30-8:30 a.m. Steve</p>	<p><b>I</b> Low Impact Strength 7:30-8:30 a.m. Andy</p>	<p><b>I</b> Spin Mixer 7:30-8:30 a.m. Sylvie</p>	<p><b>I</b> Strength &amp; Cardio 7:30-8:30 a.m. Lou</p>	<p><b>I</b> Strength in Play 7:30-8:30 a.m. Anna</p>	<p><b>I</b> Weekend Wake Up 6:30-7:15 a.m. Jess</p>	
<p><b>F</b> Yin &amp; Yang Yoga 9-10 a.m. Heidi</p>	<p><b>I</b> Aqua Fit Deep End 8:45-9:45 a.m. Marie-Anne</p>	<p><b>I</b> Step 9-10 a.m. Liz <i>Jan 8 &amp; 22!</i></p>	<p><b>I</b> Aqua Fit Shallow End 8:45-9:45 a.m. Marie-Anne</p>	<p><b>I</b> Strength in Play 7:30-8:30 a.m. Anna</p>	<p><b>I</b> Strong Glutes &amp; Core 7:30-8:30 a.m. Jess</p>	
<p><b>R</b> Postpartum Foundations 10:30-11:30 a.m. Sara <i>Jan 13-Feb 3</i></p>	<p><b>I</b> Cardio Circuit 9-10 a.m. Andy</p>	<p><b>I</b> Dance Fitness 9-10 a.m. Mel L <i>Jan 15 &amp; 29!</i></p>	<p><b>I</b> Strength &amp; Stability 9-10 a.m. Lou</p>	<p><b>I</b> Functional Strength &amp; Conditioning 9-10 a.m. Anna</p>	<p><b>I</b> Low Impact Strength 9-10 a.m. Lauren</p>	
<p><b>R</b> Postpartum Return to Sport &amp; Exercise 11:45 a.m.-12:45 p.m. Sara <i>Jan 13-Feb 3</i></p>	<p><b>R</b> Pilates Mat 10:30-11:30 a.m. Josie <i>Jan 7-28</i></p>	<p><b>R</b> Be the Change 10:30-11:30 a.m. Katrina <i>Jan 8-Feb 26</i></p>	<p><b>R</b> Intro to Lifting 12:15-1 p.m. Julia <i>Jan 9-30</i></p>	<p><b>R</b> Mom &amp; Baby 2.0 10:30-11:30 a.m. Lou <i>Jan 10-31</i></p>	<p><b>I</b> Zumba 10:30-11:30 a.m. Susie</p>	
<p><b>I</b> Strength in Play 5:15-6 p.m. Anna</p>	<p><b>I</b> Full Body HIIT 5:15-6:15 p.m. Andy</p>	<p><b>I</b> Gentle Fit 12:30-1:30 p.m. Steve</p>	<p><b>R</b> LIFT 3:45-4:45 p.m. Steve <i>Jan 8-29</i></p>	<p><b>I</b> Gentle Fit 12:30-1:30 p.m. Marie-Anne</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Sign up online: <a href="http://www.resortmunicipalityofwhistler.perfectmind.com">www.resortmunicipalityofwhistler.perfectmind.com</a></p> </div>	
<p><b>I</b> Zumba 6:15-7:15 p.m. Carmen</p>	<p><b>F</b> Spin 6-7 p.m. Courtney</p>	<p><b>I</b> Strong Glutes &amp; Core 5:15-6:15 p.m. Jess</p>	<p><b>R</b> Prenatal Fitness 5:30-6:30 p.m. Sara <i>Jan 9-30</i></p>	<p><b>F</b> Mountain Bike Fit 6:45-7:45 p.m. Katrina <i>Jan 9-Feb 27</i></p>		
	<p><b>I</b> Functional Strength &amp; Conditioning 6:30-7:30 p.m. Andy/Mel K</p>	<p><b>F</b> Spin 6-7 p.m. Alex</p>	<p><b>F</b> Spin 6-7 p.m. Courtney</p>	<p><b>R</b> Mountain Bike Fit 6:45-7:45 p.m. Katrina <i>Jan 9-Feb 27</i></p>		
	<p><b>F</b> Slow Flow Yoga 8-9 p.m. Nicki</p>	<p><b>I</b> Fitness Fundamentals 6:30-7:30 p.m. Jess</p>	<p><b>R</b> Mountain Bike Fit 6:45-7:45 p.m. Katrina <i>Jan 9-Feb 27</i></p>	<p><b>I</b> Trigger Point &amp; Core 8-9 p.m. Andy</p>		

**I** Included Classes

**R** Registered Classes

**F** Flex Registration

Age 16+ required for Fitness Centre and classes. Classes are not offered on statutory holidays.

**I - Included Classes** (Value-Added or Drop In): Cost is included with your admission fee or pass.

**R - Registered Programs:** Have a separate fee and a defined start and end date. Pre-Registration is required for the entire set of classes.

**F - Flex Registration** (flexible registration) Classes: Have a separate fee and allows you to register for classes on the days that fit your schedule.

Registered Programs and Flex Registration Classes will be cancelled 3 days before the start date if minimum registration numbers are not met for each class.

Schedule subject to change without notice.

## INCLUDED CLASSES

*Registration for included classes is available online up to 72 hours in advance of the class.*

### ◆◆◆ Aqua Fit Deep/Shallow End

Refreshing low impact aerobic workout if you want to train your cardio vascular system in a new environment, are coming back to training after an injury.

### ◆◆◆◆ Cardio Circuit

This full-body circuit class combines cardio, weights, and abs in a circuit format suitable for all fitness levels. It is designed to build strength and boost cardiovascular endurance. Each session includes a comprehensive warm-up, a cardio and weights segment, an ab-focused circuit, and a thorough cool-down stretch.

### ◆◆◆◆ Dance Fitness

A high-energy, beginner dance workout featuring a mix of music styles: Forget 5-6-7-8 or left foot/right foot combos, there are only 3 rules to follow in this class: Be Positive. Be Fun. Be Yourself! Not a dancer - no problem! Come learn easy steps, bust a move and #sweathappy

### ◆◆◆◆ Fitness Fundamentals

Fitness Fundamentals focuses on building the basics for better lifts, with a focus on key movements for the upper and lower body. We'll work on core and pelvic floor activation to improve stability and strength, as well as learning the right technique to lift safely and create a balanced workout plan. This class is great for beginners, and also for anyone looking to improve their form and overall strength. Strengthen your foundation and lift smarter!

### ◆◆◆◆ Full Body HIIT

A full body interval workout for all levels. This class incorporates body weight exercises and cardio interval training to get your body moving and your heart rate up. With an emphasis on form, the aim of this class is to encourage you to love moving your body.

### ◆◆◆◆ Functional Strength & Conditioning

A high intensity, circuit training class incorporating a variety of compound exercises to build overall strength and fitness applicable to your everyday life.

### ◆◆◆ Gentle Fit

'Use it or Lose it' the saying goes! Join this session to get moving at your pace. Gain strength, flexibility, better posture, balance, coordination and agility.

### ◆◆◆ Low Impact Strength

The goal of this class is to increase strength, balance and coordination. Suitable for everyone including seniors and those returning to exercise from injury.

### ◆◆◆◆ Mountain Ready Conditioning

Higher intensity class will help build your engine and increase your capacity to go further, faster and for longer. Expect some metabolic conditioning, building power and endurance on the trails. All sessions are scaled appropriately and will benefit all.

### ◆◆◆◆ Spin Mixer

A combo of spin intervals followed by core and mobility exercises. Get your heart rate up then work out the kinks.

### ◆◆◆◆ Step

This is a classic and guaranteed to get your heart pumping. Follow along to fun and easy to learn step combinations designed to keep you moving and sweating. Finish off with some core and abs work and a good simple stretch.

### ◆◆◆ Strength in Play

This isn't your typical fitness class. Strength in Play invites you to explore the full range of motion your body was made to do—movements that may have been forgotten in today's sedentary, convenience-driven lifestyle. Step away from the traditional gym routine and discover new ways to move, strengthen, and stretch in a class designed to be playful, creative, and refreshing.

### ◆◆◆◆ Strength & Cardio

High intensity class incorporating strength work with cardio to build strength and fitness throughout the whole body.

### ◆◆◆ Strength & Stability

Spend a whole hour creating a stronger, more stable you.

### ◆◆◆◆ Strong Glutes & Core

This class will focus on corrective work, focusing on those strong foundations to promote healthy glutes and an active core, mobile hips, aiding injury prevention.

### ◆◆ Trigger Point & Core

The class starts with a core routine, designed to realign hips & lower back and increase stability. It then moves into the trigger pointing and myofascial release using several different techniques, designed to aid in recovery and help with injury management and prevention.

### ◆◆◆ Zumba

This class is an exhilarating, easy-to-follow, Latin-inspired, dance fitness-party™ No dance experience required.

### ◆◆◆◆ Weekend Wake Up

Start your weekend with a full body workout designed to challenge your strength, endurance, and stability. In this 45-minute class, you'll engage in a variety of exercises targeting all major muscle groups, ensuring a total body burn. This class will leave you energized and ready to take on the weekend ahead. Get ready to sweat, challenge yourself, and feel accomplished—your weekend begins here!

## REGISTERED PROGRAMS

### ◆◆◆ Be the Change

Strength Training for the Peri and Menopausal Stages of Life.

### ◆◆◆◆ Intro to Lifting

This class focuses on perfecting the mechanics of compound lifts such as the squat, deadlift and chest press so that you can have confidence in your workouts. It will be a 4-week progression series, improving and increasing the complexity of the lifts each session. This program is catered to those looking to get stronger and more athletic to perform in their daily activities and or to learn to lift properly in a supervised environment. These sessions will be taught by Kinesiologist and Strength coach Julia.

### ◆◆◆◆ LIFT

LIFT is a small group Strength and Conditioning class aimed at boys aged 15-17. Sessions will provide safe, structured and supervised programming for key weightlifting exercises. LIFT sessions will also introduce participants to plyometric, speed and mobility training as well as optimal recovery protocols. A great dryland class that supports all sporting activities and develops athletic abilities. Must have completed YOW.

### ◆◆◆ Pilates Mat

With a focus on strengthening the core, improving flexibility, balance and postural alignment. Suitable for all levels. It is the perfect complement to your athletic training or rehabilitation.

### ◆◆◆ Prenatal Fitness

Experience a more energetic pregnancy and meet other moms in the community. Each class will include prenatal specific core work and a full body workout, while reducing pregnancy related aches and pains.

### ◆◆◆◆ Mom & Baby 2.0

This baby friendly class allows Mom to get a great workout and attend to baby's needs at any time. A full body workout. Must be 12 weeks PP.

### ◆◆◆◆ Mountain Bike Fit

Get ready to ride longer, faster, stronger and with more confidence! This program will prepare you for the mountain bike season by: Establishing a solid base and improving your overall strength through the refinement of foundational movement patterns. Sport specific exercises that target attributes essential for the mountain biking. Building a strong foundation through anterior and posterior core specific exercises. Help prevent common injuries by ironing out imbalances. Increase mobility in the areas that tend to tighten and restrict movement in the mountain biker.

### ◆◆ Postpartum Foundations

SLOW is FAST when recovering from birth, no matter how your child came into this world. Learn to move with intention. In this 4-week program you will learn how to reconnect to your core so you can strength your body from the inside out. We start with breathwork and gentle mobility to restore your breathing pattern and connection from your diaphragm to your pelvic floor. We will focus on pelvic floor, deep core and glute activation, creating a strong foundation. Minimum 3 weeks postpartum. This is a fantastic opportunity to connect with other new moms in your community. Important: Babies need to be in a fairly immobile state for safety reasons. No fast crawlers and no walkers please. Class is taught by Kinesiologist & Postpartum Corrective Exercise Specialist Sara Niblock.

### ◆◆◆ Postpartum Return to Sport & Exercise

You've built a strong foundation, now it's time to connect that to fundamental movements, build strength and re-introduce impact slowly. We will focus on progressive full body exercises that keep your pelvic floor and core in mind, all while improving Diastasis recti, incontinence and preventing future injuries. Let's correct dysfunction from pregnancy and bridge the gap from physio to return to sport and activity. Class is taught by Kinesiologist & Postpartum Corrective Exercise Specialist Sara Niblock

## FLEXIBLE REGISTRATION CLASSES

### ◆◆◆ Slow Flow Yoga

Reset and recalibrate. You will get the chance to move your body, breathe with intention, process stress and build resilience.

### ◆◆◆◆ Spin

Get ready to sweat with our experienced cycling instructors! Maintain a high level of sport specific fitness all season long.

### ◆◆ Yin & Yang Yoga

We will work our deeper connective tissues through Yin and move with action through Yang.

Ask us about our personal training options. We look forward to working with you!

Sweat drops denote intensity you can expect from the class:

5 drops is HIGHEST intensity



1 drop is a more relaxing, mindful and stretchy



WHISTLER

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