



Meadow Park  
Sports Centre

# FITNESS CLASSES, PROGRAMS & SERVICES

July 2024

\*\*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> Strength &amp; Cardio 7:30-8:30 a.m. Lou</p>	<p><b>I</b> Strength &amp; Mobility 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>I</b> Aqua Fit Deep End 8:45-9:45 a.m. Marie-Anne</p>		<p><b>I</b> Aqua Fit Shallow End 8:45-9:45 a.m. Sylvie G</p>			
<p><b>I</b> Yin &amp; Yang Yoga 9-10 a.m. Heidi</p>	<p><b>I</b> Step 9-10 a.m. Liz</p>	<p><b>F</b> Burn &amp; Breathe 9-10 a.m. Jess <b>NEW!</b></p>	<p><b>I</b> Strength &amp; Stability 9-10 a.m. Lou</p>	<p><b>I</b> Full Body HIIT 9-10 a.m. Andy</p>	<p><b>I</b> Low Impact Strength 9-10 a.m. Lauren</p>	<p><b>F</b> Pilates 9-10 a.m. Josie</p>
<p><b>F</b> Barre Blend 10:30-11:30 a.m. Kristi</p>			<p><b>F</b> Swim: Speed &amp; Efficiency 12-1 p.m. Hector</p>	<p><b>R</b> Mom &amp; Baby 2.0 10:30-11:30 a.m. Lou <i>New round starts July 5</i></p>		
<p>No classes on Canada Day, July 1!</p>		<p><b>I</b> Gentle Fit 1-2 p.m. Diana</p>		<p><b>I</b> Gentle Fit 1-2 p.m. Diana <i>Except July 26!</i></p>		
<p><b>F</b> Pilates 5:15-6:15 p.m. Kristi <b>NEW DAY!</b></p>		<p><b>I</b> Full Body HIIT 5:15-6:15 p.m. Andy</p>				
<p><b>R</b> Prenatal Fitness 6:30-7:15 p.m. Sara <i>Starts July 22!</i></p>		<p><b>I</b> Zumba 6:30-7:30 p.m. Carmen</p>				

Sign up online:  
[www.resortmunicipalityofwhistler.perfectmind.com](http://www.resortmunicipalityofwhistler.perfectmind.com)

**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.

## INCLUDED CLASSES

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

### ◆◆◆ Aqua Fit Deep/Shallow

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.

### ◆◆◆◆ 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.

### ◆◆◆ 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.

### ◆◆◆◆ 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 & Mobility

A fun and effective hour mobility and stability, with special attention to core, glute and balance work to ensure you're ready for mountain sports.

### ◆◆◆◆ 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

### ◆◆◆◆ 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.

### ◆◆ Yin & Yang Yoga

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

### ◆◆◆ Zumba

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

## REGISTERED PROGRAMS

### ◆◆◆◆ 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

### ◆◆◆ 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.

## FLEXIBLE REGISTRATION CLASSES

### ◆◆◆ Barre Blend

The class focuses on low-impact movements that strengthen and tone. You will be guided through various movements to help increase your mobility while building muscular strength and stability. Available to anyone. No prior ballet experience necessary.

### ◆◆◆◆ Burn & Breathe

30 minutes of challenging high intensity strength & conditioning, combined with a long stretch and mobility session. Each class will begin and end with guided breath work. The aim of this class is that you can step away feeling the benefits to both your physical and mental health.

### ◆◆◆ Pilates

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.

### ◆◆◆◆ Swim: Speed & Efficiency

Join our coached swim workouts focusing on stroke improvement and swim fitness. Our experienced coach Hector works on all strokes to enhance technique and build endurance. Perfect for those aiming to refine skills or boost fitness.

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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