



Meadow Park Sports Centre

FITNESS CLASSES, PROGRAMS & SERVICES

March 2025

Schedule subject to change

Register and view online:
whistler.ca/recreation

Information line:
604-935-PLAY (7529)

FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>I Mountain Ready Conditioning 7:30-8:30 a.m. Steve</p>	<p>I Low Impact Strength 7:30-8:30 a.m. Andy</p>	<p>I Spin Mixer 7:30-8:30 a.m. Sylvie</p>	<p>I Strength & Cardio 7:30-8:30 a.m. Lou</p>	<p>I Strength in Play 7:30-8:30 a.m. Anna</p>	<p>I Strength & Stability 7:30-8:30 a.m. Lauren NEW!</p>	
<p>F Yin & Yang Yoga 9-10 a.m. Heidi</p>	<p>I Aqua Fit Deep End 8:45-9:45 a.m. Marie-Anne <i>Mar 4 only</i></p> <p>I Cardio Circuit 9-10 a.m. Andy</p>	<p>I Step 9-10 a.m. Liz</p>	<p>I Aqua Fit Shallow End 8:45-9:45 a.m. Marie-Anne <i>Mar 6 & 13 only</i></p> <p>I Strength & Stability 9-10 a.m. Lou</p>	<p>I Functional Strength & Conditioning 9-10 a.m. Anna</p>	<p>I Low Impact Strength 9-10 a.m. Lauren</p>	
		<p>I Gentle Fit 12:30-1:30 p.m. Steve</p>	<p>R Mom & Baby 2.0 10:30-11:30 a.m. Lou <i>Mar 6-27</i> NEW!</p>	<p>I Gentle Fit 12:30-1:30 p.m. Marie-Anne</p>	<p>I Zumba 10:30-11:30 a.m. Various trainers</p>	
<p>I Strength in Play 5:15-6 p.m. Anna</p>	<p>I Full Body HIIT 5:30-6:30 p.m. Andy</p>	<p>I TRX Mixer 5:15-6:15 p.m. Mel K NEW!</p>	<p>R Prenatal Fitness 5:30-6:30 p.m. Sara <i>Feb 13-Mar 6</i></p> <p>I Mountain Ready Conditioning 5:30-6:30 p.m. Mel K <i>Mar 20 & 27 only</i> NEW!</p>			
	<p>F Spin 6-7 p.m. Courtney</p>	<p>F Spin 6-7 p.m. Alex</p>	<p>F Spin 6-7 p.m. Courtney</p>	<p>Sign up online: www.resortmunicipalityofwhistler.perfectmind.com</p>		
<p>I Zumba 6:15-7:15 p.m. Various trainers</p>	<p>F Slow Flow Yoga <i>\$10 class</i> 7:15-8:15 p.m. Nikki NEW!</p>	<p>I Functional Strength & Conditioning 6:30-7:30 p.m. Mel L</p>	<p>I Dance Fitness 7-7:50 p.m. Mel L <i>Mar 6 & 13 only</i> NEW!</p> <p>I Trigger Point & Core 8-9 p.m. Andy</p>	<p>R Intro to Lifting 6:15-7:15 p.m. Julia <i>Feb 21-Mar 14</i></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

◆◆◆◆ 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.

◆◆ 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.

REGISTERED PROGRAMS

◆◆◆◆ 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.

◆◆◆ 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 relates 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.

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



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