



Meadow Park Sports Centre

# FITNESS CLASSES, PROGRAMS & SERVICES

November 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>F</b> Yin &amp; Yang Yoga 9-10 a.m. Heidi</p> <p><b>F</b> Pilates Mat 10:30-11:30 a.m. Josie</p> <p><b>I</b> HIIT Express 12:15-1 p.m. Lauren</p> <p><b>R</b> Learn to Lift 3:30-4:30 p.m. Steve <i>Nov 25-Dec 16</i></p> <p><b>I</b> TRX Mixer 45 min 5:15-6 p.m. Mel L</p> <p><b>I</b> Dance Fitness 6:15-7:15 p.m. Mel L <i>Nov 4 &amp; 25 only!</i></p>	<p><b>I</b> Spin Mixer 7:30-8:30 a.m. Sylvie</p> <p><b>I</b> Aqua Fit Deep End 8:45-9:45 a.m. Marie-Anne</p> <p><b>I</b> TRX Mixer 9-10 a.m. Mel L</p> <p><b>F</b> Dryland Training 5:30-6:30 p.m. Garret <i>Last session: Nov 19</i></p> <p><b>F</b> Spin 6-7 p.m. Courtney</p> <p><b>I</b> Strength &amp; Stability 6:45-7:45 p.m. Mel K</p> <p><b>F</b> Slow Flow Yoga 8-9 p.m. Nicki</p>	<p><b>I</b> Strength &amp; Mobility 7:30-8:30 a.m. Anna</p> <p><b>I</b> Functional Strength &amp; Conditioning 9-10 a.m. Anna</p> <p><b>R</b> Be the Change 10:30-11:30 a.m. Katrina <i>Oct 16-Nov 27</i></p> <p><b>I</b> Gentle Fit 12:30-1:30 p.m. Steve</p> <p><b>R</b> LIFT 3:15-4:15 p.m. Steve</p> <p><b>I</b> Full Body HIIT 5:15-6:15 p.m. Andy</p> <p><b>F</b> Spin 6-7 p.m. Alex</p> <p><b>I</b> Zumba 6:30-7:30 p.m. Carmen</p>	<p><b>I</b> Full Body HIIT 6:10-7:10 a.m. Lauren/Andy</p> <p><b>I</b> Strength &amp; Cardio 7:30-8:30 a.m. Lou</p> <p><b>I</b> Aqua Fit Shallow End 8:45-9:45 a.m. Marie-Anne</p> <p><b>I</b> Strength &amp; Stability 9-10 a.m. Lou</p> <p><b>F</b> Swim: Speed &amp; Efficiency 12-1 p.m. Hector</p> <p><b>R</b> Prenatal Fitness 5:30-6:30 p.m. Sara <i>Nov 7-28</i></p> <p><b>F</b> Spin 6-7 p.m. Courtney</p> <p><b>F</b> Dryland Training 6:45-7:45 p.m. Garret <i>Last session: Nov 21</i></p> <p><b>I</b> Mountain Roll &amp; Release 8-9 p.m. Laura</p>	<p><b>I</b> Low Impact Strength 7:30-8:30 a.m. Andy</p> <p><b>I</b> Full Body HIIT 9-10 a.m. Andy</p> <p><b>R</b> Mom &amp; Baby 2.0 10:30-11:30 a.m. Sara <i>Oct 11-Nov 8</i></p> <p><b>I</b> Gentle Fit 12:30-1:30 p.m. Marie-Anne</p> <p><b>I</b> Strength &amp; Mobility 6:15-7:15 p.m. Anna</p>	<p><b>I</b> Strong Glutes &amp; Core 7:30-8:30 a.m. Jess</p> <p><b>I</b> Low Impact Strength 9-10 a.m. Lauren</p> <p><b>I</b> Zumba 10:30-11:30 a.m. Susie</p>	
<p><b>No classes on Remembrance Day, Nov 11!</b></p>		<p><b>Sign up online:</b> <a href="http://www.resortmunicipalityofwhistler.perfectmind.com">www.resortmunicipalityofwhistler.perfectmind.com</a></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.

### ◆◆◆ 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/ HIIT Express

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.

### ◆◆ Mountain Roll & Release

Learn to improve range of motion, eliminate pain, strengthen joints and establish healthy movement patterns to help you live better in your body and move with more ease and agility. Give yourself a dose of prehab and body mobility maintenance coming into the winter and through the season.

### ◆◆◆◆ 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 & Cardio

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

### ◆◆◆ 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.

### ◆◆◆ 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

### ◆◆◆◆ TRX Mixer 45 min

A strength focused high intensity interval circuit session! This is a circuit style class including TRX and whatever other equipment the instructor chooses.

### ◆◆◆ Zumba

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

## REGISTERED PROGRAMS

### ◆◆◆ Be The Change

Strength Training for the Peri and Menopausal Stages of Life.

### ◆◆◆◆ Learn to Lift

Learn to Lift is a small group session that provides an introduction to Strength and Conditioning training. Sessions will provide safe, structured and supervised programing for key weightlifting exercises, including squats, deadlifts and overhead presses. Learn to LIFT sessions will also introduce athletic warm ups, speed training and plyometric exercises. A great dryland class that supports all sporting activities and develops athletic abilities. All participants must have completed YOW.

### ◆◆◆◆ LIFT

LIFT is a small group Strength and Conditioning class aimed at boys aged 15-17. Sessions will provide safe, structured and supervised programing 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.

### ◆◆◆◆ 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 relates aches and pains.

## FLEXIBLE REGISTRATION CLASSES

### ◆◆◆◆ Dryland Training

Prepare yourself for an epic winter season with this preseason conditioning program. These specifically designed training sessions will take you through logical progressions of sport specific drills, plyometrics & core stabilization. This class gets harder & harder each week building on skills, exercises & strength.

### ◆◆◆ 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.

### ◆◆◆ 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.

### ◆◆◆ 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.

### ◆◆ 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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