



Meadow Park Sports Centre

FITNESS CLASSES, PROGRAMS & SERVICES

September 3-30, 2024

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. Andy</p>		<p>F Burn & Breathe 7:30-8:30 a.m. Jess</p>	<p>I Strength & Cardio 7:30-8:30 a.m. Mel L</p>	<p>I Low Impact Strength 7:30-8:30 a.m. Andy</p>	<p>I Strong Glutes & Core 7:30-8:30 a.m. Jess</p>	
	<p>I Aqua Fit Deep End 8:45-9:45 a.m. Marie-Anne <i>Sept 24 only!</i></p>		<p>I Aqua Fit Shallow End 8:45-9:45 a.m. Marie-Anne <i>Sept 19 & 26 only!</i></p>			
<p>F Yin & Yang Yoga 9-10 a.m. Heidi</p>	<p>I Step 9-10 a.m. Liz <i>Sept 3 & 10 only!</i></p>	<p>I Functional Strength & Conditioning 9-10 a.m. Mel L</p>	<p>I Strength & Stability 9-10 a.m. Mel L</p>	<p>I Full Body HIIT 9-10 a.m. Andy</p>	<p>I Low Impact Strength 9-10 a.m. Lauren</p>	
<p>I HIIT Express 12:15-1 p.m. Lauren</p>	<p>I TRX Mixer 45 min 9-9:45 a.m. Mel L <i>Sept 17 & 24 only!</i></p>		<p>F Swim: Speed & Efficiency 12-1 p.m. Hector <i>Sept 19 & 26 only!</i></p>	<p>R Mom & Baby 2.0 10:30-11:30 a.m. Lou <i>Sept 6-Oct 4</i></p>	<p>I Zumba 10:30-11:30 a.m. Susie</p>	
<p>R PWR! Moves for Body and Mind 1:30-2:30 p.m. Marie-Anne <i>Sept 16-Oct 28 Except Sept 30 & Oct 14</i></p>		<p>I Gentle Fit 12:30-1:30 p.m. Diana</p>	<p>I Gentle Fit 12:30-1:30 p.m. Diana</p>			
			<p>R Prenatal Fitness 5:30-6:30 p.m. Sara <i>Sept 5-26</i></p>			
<p>I TRX Mixer 45 min 5:15-6 p.m. Mel L</p>	<p>I Strength & Stability 5:30-6:30 p.m. Mel K</p>	<p>I Full Body HIIT 5:15-6:15 p.m. Andy</p>				
<p>I Dance Fitness 6:15-7:15 p.m. Mel L</p>		<p>I Zumba 6:30-7:30 p.m. Carmen</p>				

No classes on National Truth and Reconciliation Day, Sept. 30!

Sign up online:
www.resortmunicipalityofwhistler.perfectmind.com

Studio Closure Notice!
The studio be closed for annual maintenance until Monday, September 2.
Classes will resume on Tuesday, September 3.

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 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.

◆◆◆◆ 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 & 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

◆◆◆◆ 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

◆◆◆◆ 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.

◆◆◆ PWR! Moves for Body and Mind

Classes involve repetitive training of four foundational skills that underlie everyday function and that become impaired in Parkinson's. You will then be challenged both physically and cognitively so that you use it and improve it. Classes will include PWR! moves, cardio intervals, walking drills, strength, flexibility, proprioception and brain games.

◆◆◆◆ 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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