



FALL 2021

Adult Health and Wellness Programs

Small Group Personal Training

Small group personal training is a budget-friendly alternative to one-on-one training. Plus, working out with others helps to push you to new levels. Custom designed workouts are built with different levels of fitness in mind. You will receive accountability, motivation, support, experience and expert guidance to reach your fitness goals in this small group environment of 3-6 clients to one coach.

Location: Crystal Pool and Fitness Centre

Instructor: Chris Woeller

Sept. 7–Oct. 1	Tue/Fri	7–8 a.m.	\$120/8	27968
Oct. 5–29	Tue/Fri	7–8 a.m.	\$120/8	27969
Oct. 5–28	Tue/Thu	5:15–6:15 p.m.	\$120/8	27973
Nov. 2–26	Tue/Fri	7–8 a.m.	\$120/8	28698
Nov. 2–25	Tue/Thu	5:15–6:15 p.m.	\$120/8	28699



Indoor Spin

Join multisport coach and athlete Saskia Bjornson for a motivating and energizing workout that will build your cardiovascular and muscular endurance. Class will include a mix of speed, intervals, endurance and fun!

Location: Crystal Pool and Fitness Centre

Instructor: Saskia Bjornson

Sept. 15–Oct. 27	Wed	5–5:45 p.m.	\$63/7	27990
------------------	-----	-------------	--------	-------

Hatha Yoga

Explore various aspects of yoga like self-care, pranayama (breath work), supported postures and relaxation. Modifications or alternative poses are provided if needed. Have fun, breathe deep, strengthen and tone, while learning how to relax and de-stress. All levels welcome. This yoga practice is about touching your soul, not your feet. Please bring your own mat, bolsters, blanket, etc.

Location: Crystal Pool and Fitness Centre

Instructor: Nancy Prevost-Maurice

Sept. 13–Nov. 8	Mon	6–7 p.m.	\$108/8	27117
Sept. 18–Nov. 6	Sat	10–11 a.m.	\$108/8	27964

Effortless Fitness

In this five-class series, you'll learn to use your skeleton to support your movements rather than muscular effort. Improvements in posture, range of motion and motor-control can be expected. New themes each week:

1. Hips and shoulders
2. Refine the abdominals for better posture
3. Easy walking
4. Effortless use of the hands, arms, and shoulders
5. Soften the back, lengthen the hamstrings

Gain more power using less effort and feel better in your body. Suitable for all ages and levels.

Location: Crystal Pool and Fitness Centre

Instructor: Elena Henwood

Sept. 20–Oct. 18	Mon	6–7 p.m.	\$68/5	27970
Sept. 23–Oct. 28	Thu	10–11 a.m.	\$68/5	27978

Facility closed on Thursday, Sept. 30, Monday, Oct. 11 and Thursday, Nov. 11. No classes these days.

LEARN MORE AND REGISTER: victoria.ca/crystalpool 250.361.0732





FALL 2021

Adult Health and Wellness Programs

Bootcamp

Join Royal Bootcamp for a chance to play in Royal Athletic Park. Enjoy a challenging workout designed to improve strength, stability and agility.

Location: Royal Athletic Park

Instructor: Chris Woeller

Sept. 7–28	Tue	5–6 p.m.	\$60/4	27108
Sept. 9–23	Thu	5–6 p.m.	\$45/3	27109



Pilates Power

A Pilates-inspired class targeting deep core activation through a hybrid workout of traditional Pilates, bodyweight exercises, and active breath work. The BOSU® and other props are incorporated to deepen the practice and increase the burn. Hard work, strong core, strong bodies!

Location: Crystal Pool and Fitness Centre

Instructor: Spencer Irwin

Sept. 16–Nov. 4	Thu	6–7 p.m.	\$95/7	27116
-----------------	-----	----------	--------	-------

Personal Training

Personal Training offers unique custom designed fitness programs for weight loss, general fitness, bodybuilding, sport specific training and overall body transformation. Book a session with one of our trainers and get the body you've always wanted.

SINGLE SESSION (first time)	
90 mins	\$70
SINGLE SESSION (returning client)	\$55
3 sessions	\$144
4 sessions	\$180
5 sessions	\$213
10 sessions	\$400
FITNESS ORIENTATION	\$30
TEEN ORIENTATION	\$15

INSTRUCTOR PROFILE



Chris Woeller

Chris is a BCRPA Weight Training Instructor and Personal Trainer. He brings a positive attitude, great energy, and is our most experienced trainer. Committed to helping clients pursue their goals, Chris believes exercise should be fun and integrated into our everyday lives.

Did You Know?

We offer a variety of group fitness classes throughout the week that are included in your membership or drop-in fee? Check out our group fitness schedule at victoria.ca/crystalpool.

Facility closed on Thursday, Sept. 30, Monday, Oct. 11 and Thursday, Nov. 11. No classes these days.

LEARN MORE AND REGISTER: victoria.ca/crystalpool 250.361.0732

