



FALL 2021

Drop-In Fitness Classes (Effective Sept. 7, 2021)

MON	TUE	WED	THU	FRI	SAT
	8:30–9:15 a.m. Stretch and Strength	8:45–9:15 a.m. Abs Attack	8:30–9:15 a.m. Stretch and Strength	8:45–9:15 a.m. Abs Attack	
	9:15–10:15 a.m. Hi/Lo Combo	9:15–10:15 a.m. Body Sculpt	9:15–10:15 a.m. Hi/Lo Combo	9:15–10:15 a.m. Body Sculpt	
12–12:50 p.m. Boot Camp		12–12:50 p.m. Boot Camp	12–12:50 p.m. Stretch, Strength and Abs		11:45 a.m.–12:45 p.m. Zumba Cardio Dance (women only)
5:30–6:30 p.m. Body Sculpt		6–7 p.m.* Zumba Cardio Dance (women only)			
	6:30–7:30 p.m. Athletic Conditioning		6:30–7:30 p.m. Strength Conditioning		

Program Descriptions

Stretch and Strength

Improve your strength and flexibility in this 45-minute class. Great for the joints!

Abs Attack

45 minutes of abdominal work, core strengthening and flexibility.

Hi/Lo Combo

Energetic cardio style class with hi/lo combos to enhance fat burning and cardiovascular efficiency.

Body Sculpt

Tone your muscles and shape your body in this strength and cardio building class.

Bootcamp

An intense workout designed to improve strength, stability, and agility.

Strength, Stretch and Abs

Improve your strength and flexibility through a variety of full body movements. Includes a focus on strengthening core muscles.

Athletic Conditioning

A challenging class that uses complete compound movements and a variety of training techniques.

Strength Conditioning

Weight train in classes? You bet! Strength and power exercises that focus on building muscle and size.

Zumba/Cardio Dance (Women Only)

High energy dance workout for core strengthening and flexibility.

*Pre-registration required for this class.

Did You Know?

You can pre-book a space in drop-in fitness classes to make sure you get your spot. Look for “Drop-In Access” at victoria.ca/programsandregistration.

	Child	Youth	Adult	Student/Senior	Family
Single Admission	\$3.05	\$3.60	\$5.90	\$4.65	\$11.70
10X Admission	\$28.18	\$32.81	\$54.47	\$42.65	\$109
1 Month Pass	\$31.33	\$36.45	\$60.52	\$47.39	n/a
Annual Gold	\$200.91 (\$16.74/mo.)	\$236.91 (\$19.74/mo.)	\$379.09 (\$33.09/mo.)	\$306.50 (\$25.54/mo.)	n/a

For information about the facility, passes and memberships, visit victoria.ca/crystalpool.

LEARN MORE AND REGISTER: victoria.ca/crystalpool 250.361.0732

