



FALL 2021

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

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

	Child	Youth	Adult	Student/Senior	Family
<b>Single Admission</b>	\$3.05	\$3.60	\$5.90	\$4.65	\$11.70
<b>10X Admission</b>	\$28.18	\$32.81	\$54.47	\$42.65	\$109
<b>1 Month Pass</b>	\$31.33	\$36.45	\$60.52	\$47.39	n/a
<b>Annual Gold</b>	\$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](http://victoria.ca/crystalpool).

LEARN MORE AND REGISTER: [victoria.ca/crystalpool](http://victoria.ca/crystalpool) 250.361.0732

