



FALL 2022

# Adult Health and Fitness

## Small Group Personal Training

Small group personal training is a budget friendly alternative to one-on-one training. Plus, working out with others helps push you to new levels. Custom workouts are built with different levels of fitness in mind. Gain 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

*\*Outdoor programs take place in our covered outdoor fitness area during our annual maintenance closure in September*

**Instructor:** Chris Woeller

OUTDOOR				
Sep 6-22	Tue, Thu	7-7:45 a.m.	\$68/6	<a href="#">32749</a>
Sep 6-22	Tue, Thu	7:45-8:30 a.m.	\$68/6	<a href="#">32769</a>
Sep 6-22	Tue, Thu	5:15-6:15 p.m.	\$90/6	<a href="#">32755</a>

INDOOR				
Sep 27-Oct 20	Tue, Thu	7-7:45 a.m.	\$90/8	<a href="#">32758</a>
Sep 27-Oct 20	Tue, Thu	7:45-8:30 a.m.	\$90/8	<a href="#">32752</a>
Sep 27-Oct 20	Tue, Thu	5:15-6:15 p.m.	\$120/8	<a href="#">32756</a>
Oct 25-Nov 17	Tue, Thu	7-7:45 a.m.	\$90/8	<a href="#">32855</a>
Oct 25-Nov 17	Tue, Thu	7:45-8:30 a.m.	\$90/8	<a href="#">32856</a>
Oct 25-Nov 17	Tue, Thu	5:15-6:15 p.m.	\$120/8	<a href="#">32857</a>
Nov 22-Dec 15	Tue, Thu	7-7:45 a.m.	\$90/8	<a href="#">32751</a>
Nov 22-Dec 15	Tue, Thu	7:45-8:30 a.m.	\$90/8	<a href="#">32750</a>
Nov 22-Dec 15	Tue, Thu	5:15-6:15 p.m.	\$120/8	<a href="#">32754</a>

## Outdoor Bootcamp

Outdoor bootcamp is the ultimate workout and is great for all skill levels. Workouts include resistance training, interval training, plyometrics, and core strengthening. Every class offers a unique and challenging workout.

**Location:** Crystal Pool and Fitness Centre

*\*Outdoor programs take place in our covered outdoor fitness area during our annual maintenance closure in September*

**Instructor:** Chris Woeller

Sep 6-22	Tue, Thu	12-12:50 p.m.	\$60/6	<a href="#">32770</a>
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## Beginner Kickboxing

No-contact beginner classes are a great way to introduce yourself to the basics of kickboxing. You can expect to gain better coordination, mobility and strength. Come burn off the stress of your day!

**Location:** Crystal Pool and Fitness Centre

**Instructor:** Ian Popoff

Sep 28-Nov 2	Wed	6-7 p.m.	\$90/6	<a href="#">32764</a>
Nov 9-Dec 14	Wed	6-7 p.m.	\$90/6	<a href="#">32812</a>

## Yoga for Every-Body

This is a comfortably paced class that introduces a combination of simple poses (asana), breath work (pranayama) and yogic concepts to nourish mind, body and soul. Fit the pose into the body, not the body into the pose. Props and clear cues are used to stretch, strengthen, relax and energize.

**Location:** Crystal Pool and Fitness Centre

**Instructor:** Samantha Charlton

Sep 26-Nov 7	Mon	9-10 a.m.	\$81/6	<a href="#">32860</a>
Nov 14-Dec 12	Mon	9-10 a.m.	\$68/5	<a href="#">32861</a>



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

STATUTORY HOLIDAY CLOSURES:  
National Day for Truth and Reconciliation - September 30  
Thanksgiving - October 10  
Remembrance Day - November 11

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## Yin Yoga

Yin yoga targets your deep connective tissues, like your fascia, ligaments, joints and bones with passive, longer held poses. It also enhances the flow of chi in the organs and has wonderful emotional and mental health benefits. Can't commit to a full course? Drop-in is available.

**Location:** Crystal Pool and Fitness Centre

**Instructor:** Paige Driedger

Sep 26-Nov 7	Mon	6-7 p.m.	\$81/6	<a href="#">32759</a>
Nov 14-Dec 19	Mon	6-7 p.m.	\$81/6	<a href="#">32776</a>

## Yin/Yang Yoga

This class blends two styles of yoga into one practice. Yin is slower, more passive with deeper holds and yang is more active, building strength and stamina. The body benefits from both and this class provides that balance. Can't commit to a full course? Drop-in is available.

**Location:** Crystal Pool and Fitness Centre

**Instructor:** Samantha Charlton

Sep 28-Nov 2	Wed	10:30-11:30 a.m.	\$81/6	<a href="#">32858</a>
Nov 9-Dec 14	Wed	10:30-11:30 a.m.	\$81/6	<a href="#">32859</a>

## 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. Can't commit to a full course? Drop-in is available.

**Location:** Crystal Pool and Fitness Centre

**Instructor:** Nancy Prevost-Maurice

Sep 28-Nov 2	Wed	5:45-6:45 p.m.	\$81/6	<a href="#">32753</a>
Nov 9-Dec 14	Wed	5:45-6:45 p.m.	\$81/6	<a href="#">32771</a>

## Vinyasa Yoga

This vinyasa flow class will incorporate a steady flow of movement in alignment with breath, with the expectations of getting our hearts going. Includes lots of movement and a variation of powerful asanas. Can't commit to a full course? Drop-in is available.

**Location:** Crystal Pool and Fitness Centre

**Instructor:** Paige Driedger

Oct 7-Dec 2	Fri	12-1 p.m.	\$108/8	<a href="#">32757</a>
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No class Nov 11

## Pilates

Learn exercises designed to improve core strength, balance, flexibility and posture. Pilates is a whole-body workout that develops long, lean and toned muscles. If you're wanting to improve your muscle imbalances and weaknesses, this class is for you! Great for all skill levels.

**Location:** Crystal Pool and Fitness Centre

**Instructor:** Spencer Irwin

Sep 29-Nov 3	Thu	6-7 p.m.	\$81/6	<a href="#">32761</a>
Nov 10-Dec 15	Thu	6-7 p.m.	\$81/6	<a href="#">32774</a>

## 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

Sep 26-Nov 7	Mon	7-8 p.m.	\$81/6	<a href="#">32765</a>
Nov 14-Dec 19	Mon	7-8 p.m.	\$81/6	<a href="#">32775</a>



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