



SPRING 2022

Adult Health and Fitness

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

Apr 4-Jun 6 **Mon** **7:30-8:30 p.m.** **\$108/8** [30132](#)

No class Apr 18, May 23

Apr 14-Jun 2 **Thu** **6-7 p.m.** **\$108/8** [30138](#)

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

Instructor: Chris Woeller

Apr 5-29 **Tue, Fri** **7-7:45 a.m.** **\$79/7** [30134](#)

Apr 5-29 **Tue, Fri** **7:45-8:30 a.m.** **\$79/7** [30775](#)

No class April 15

Apr 5-28 **Tue, Thu** **5:15-6:15 p.m.** **\$120/8** [30133](#)

May 3-26 **Tue, Fri** **7-7:45 a.m.** **\$90/8** [30137](#)

May 3-26 **Tue, Fri** **7:45-8:30 a.m.** **\$90/8** [30776](#)

May 3-25 **Tue, Thu** **5:15-6:15 p.m.** **\$120/8** [30135](#)

May 31-Jun 24 **Tue, Fri** **7-7:45 a.m.** **\$90/8** [30777](#)

May 31-Jun 24 **Tue, Fri** **7:45-8:30 a.m.** **\$90/8** [30778](#)



Personal Training

Not sure where to start or need a little extra help? Our friendly personal trainers offer custom fitness programs for weight loss, general fitness, bodybuilding, sport specific training and overall body transformation. All bodies and all abilities welcome. Please contact jdillon@victoria.ca for more information.

SINGLE SESSION

90 min (first-time clients)	\$70
60 min (returning clients)	\$55

MULTI-SESSION PACKAGES (60 min sessions)

3 sessions	\$144
4 sessions	\$180
5 sessions	\$213
10 sessions	\$400



LEARN MORE AND REGISTER:
victoria.ca/crystalpool
250.361.0732

STATUTORY HOLIDAY CLOSURES:
Good Friday - April 15
Easter Monday - April 18
Victoria Day - May 23

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2022



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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. Lots of movement and a variation of powerful asanas.

Location: Crystal Pool and Fitness Centre

Instructor: Paige Driedger

Apr 22-Jun 10 Fri 12-1 p.m. \$108/8 [30450](#)

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

Apr 13-May 25 Wed 5:45-6:45 p.m. \$95/7 [30136](#)

Yin Yoga

Work deeply into our body with passive, longer-held poses. Yin yoga targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, the deep fascia networks of the body. Yin yoga improves the energy flow, enhancing the flow of chi in the organs, and offers wonderful emotional and mental health benefits. Please bring your own mat, bolsters, blanket, etc.

Location: Crystal Pool and Fitness Centre

Instructor: Nancy Prevost-Maurice

Apr 25-Jun 20 Mon 6-7 p.m. \$108/8 [30542](#)

No class May 23

Yoga - Drop in

Drop in to any registered yoga class for \$15. Classes run on Monday and Wednesday evenings and Fridays at lunch. Call 250.361.0732 to register in advance or drop in the day of the class.



IMPORTANT DATES:

Crystal Pool and Fitness Centre is closed for statutory holidays on:

Friday, April 15

Monday, April 18

Monday, May 23

No classes are offered on these long weekends.



GET OUTSIDE THIS SPRING!

Expand your healthy living outside with our new Growing in the City programs. View the Growing in the City flyer for details.



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Outdoor Training at Crystal Pool and Fitness Centre

Victoria's freshest fitness experience is here. 2,000 square feet of open-air fitness space for bootcamps, spin classes, circuit training and more.

Outdoor Cycling

Join Saskia Bjornson, multisport coach and athlete 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

Apr 4-May 16 **Mon** **5-5:45 p.m.** **\$54/6** [30453](#)

No class Apr 18

Jun 6-Jul 11 **Mon** **5-5:45 p.m.** **\$54/6** [30761](#)

Ultimate Outdoor Bootcamp

Outdoor bootcamp is the ultimate workout and is great for all 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

Instructor: Chris Woeller

Jun 7-Jul 12 **Tues** **5:15-6:15 p.m.** **\$90/6** [30762](#)

Outdoor Yoga

Enjoy the many benefits of practicing yoga in an outdoor environment. Enhance your inner strength and stability, increase flexibility, balance and endurance while aligning yourself with nature.

Location: Crystal Pool and Fitness Centre

Instructor: Paige Driedger

Jun 1-Jul 13 **Wed** **5-6 p.m.** **\$95/7** [30760](#)

Outdoor Pilates

Target 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

Jun 9-Jul 28 **Thu** **6-7 p.m.** **\$108/8** [30759](#)

Outdoor Circuit Training

This fast-paced class is a high volume (reps), low resistance (weight) workout with lots of variety. You will work your way through a series of challenging stations designed to improve muscle tone and definition while improving cardiovascular fitness. Great for all fitness levels.

Location: Crystal Pool and Fitness Centre

Instructor: Elizabeth Evans

Apr 27-Jun 1 **Wed** **6:15-7:15 p.m.** **\$90/6** [30779](#)

Jun 8-Jul 13 **Wed** **6:15-7:15 p.m.** **\$90/6** [31247](#)



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