



SPRING 2022

Drop-In Fitness Classes (Effective April 4 to June 30, 2022)

| 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 | | | 11:45 a.m.–12:45 p.m. Zumba Cardio Dance (women only)* |
| | 6:30–7:30 p.m. Athletic Conditioning | | 6:30–7:30 p.m. Strength Conditioning | | |
| | | 7–8 p.m. Zumba Cardio Dance (Everyone welcome)* | | | |

Program Descriptions

Stretch and Strength

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

Abs Attack

30 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.



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

(Saturday class women only)*

High energy dance workout for core strengthening and flexibility.

***REGISTRATION REQUIRED.**

Please **book online** or call 250.361.0732.



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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