



SUMMER 2022

Adult Health and Fitness

Outdoor Training at Crystal Pool and Fitness Centre

Victoria's freshest fitness experience is here! Enjoy a large open-air fitness space for bootcamps, cycle classes, circuit training and more.

Outdoor Pilates

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! This class is in our outdoor fitness studio with options for participating in the sun or shade

Location: Crystal Pool and Fitness Centre – Sun Patio

Instructor: Spencer Irwin

Aug 4-Sep 1 Thu 6-7 p.m. \$68/5 [31559](#)

Outdoor Yoga

Explore various aspects of yoga like self-care, pranayama (breath work), supported postures and relaxation. Modifications or alternative poses will be provided if needed. Have fun, breathe deep, strengthen and tone, while learning how to relax and de-stress. All levels welcome. This yoga practice will be about touching your soul, not your feet. Please bring your own mat, bolsters, blanket, etc.

Location: Crystal Pool and Fitness Centre – Sun Patio

Instructor: Paige Driedger

Jul 7-Aug 25 Thu 7:15-8:15 p.m. \$108/8 [31811](#)

Jul 20-Aug 31 Wed 5-6 p.m. \$95/7 [31810](#)

Dance Fitness

This energizing class begins with a full body warm up, arm and leg conditioning, and then uses simple choreography in a series of fast-paced aerobic dances to get your body going. Also included is challenging floor work for hips, thighs, glutes and abs.

Location: Crystal Pool and Fitness Centre - Sun Patio

Instructor: Adriana Ashton

Jul 5-Aug 23 Tue 7-8 p.m. \$108/8 [31813](#)

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 – Sun Patio

Instructor: Elizabeth Evans

Jul 11-Aug 22 Mon 6-7 p.m. \$105/7 [31807](#)

Jul 20-Aug 31 Wed 6:15-7:15 p.m. \$105/7 [31560](#)

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 – Sun Patio

Instructor: Chris Woeller/Elizabeth Evans

Jul 19-Aug 30 Tue 5:15-6:15 p.m. \$105/7 [31397](#)



LEARN MORE AND REGISTER:
victoria.ca/crystalpool
250.361.0732

STATUTORY HOLIDAY CLOSURES:
Canada Day - July 1
BC Day - August 1

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Outdoor Cycle

Join us 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 – Sun Patio

Jul 18-Aug 29 Mon 5-5:45 p.m. \$54/6 [31395](#)

No class Aug 1



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 - Sun Patio

Instructor: Ian Popoff

Jul 7-Aug 25 Thu 5-6 p.m. \$120/8 [32094](#)

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 – Fitness Loft

Instructor: Spencer Irwin

Jun 13-Aug 15 Mon 7:30-8:30 p.m. \$122/9 [31398](#)

No class Aug 1

Yin Yoga

Yin yoga works deeply into our body with passive, longer-held poses. It targets the deepest tissues of the body, our connective tissues – ligaments, joints, bones, the deep fascia networks of the body.

Yin yoga improves energy flow, enhancing the flow of chi in the organs. Yin yoga also offers wonderful emotional and mental health benefits.

Location: Crystal Pool and Fitness Centre – Fitness Loft

Instructor: Nancy Prevost-Maurice

Jul 4-Aug 29 Mon 6-7 p.m. \$108/8 [31877](#)

No class Aug 1

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 crystalpool@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



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