



**SUMMER 2022**

# Drop-In Fitness Classes (Effective July 4 - September 2, 2022)

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



### Abs Attack

30 minutes of abdominal work, core strengthening and flexibility.

### 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.

### Hi/Lo Combo

Energetic cardio style class with hi/lo combos to enhance fat burning and cardiovascular efficiency.

### Strength and Athletic Conditioning

A challenging class that uses complete compound movements, strength and power exercises and a variety of training techniques.

### Stretch and Strength

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

### 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](http://victoria.ca/crystalpool)  
 250.361.0732

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

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