



SUMMER 2023

# Adult Health, Fitness and Sport

## Pickleball Programs

### Pickleball - Learn to Play (16+)

Pickleball is a fun combination of badminton, tennis and table tennis that continues to grow in popularity. In these sessions you will learn the basic rules and skills of the game. Paddle supplied.

**Location:** Central Park Tennis/Pickleball Courts

**Instructor:** Victoria Pickleball Association NCCP Coach

Jun 6-27	Tue	9:30 -11 a.m.	\$90/4	<a href="#">36727</a>
Aug 1-15	Tue	9:30 -11 a.m.	\$68/3	<a href="#">36734</a>

### Pickleball - Building on the Basics for Level 2.5-3.0

This series will build on your basic skills and offers a higher level of instruction. You have moved on from a beginner and moving toward 3.0 level.

**Location:** Central Park Tennis/Pickleball Courts

**Instructor:** Victoria Pickleball Association NCCP Coach

Jun 7-28	Wed	3-4:30 p.m.	\$90/4	<a href="#">36730</a>
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### Pickleball - Beyond 3.0 - Advanced

This series is for 3.0-3.49 players who are looking for skill building with a focus on improving your game.

**Location:** Central Park Tennis/Pickleball Courts

**Instructor:** Victoria Pickleball Association NCCP Coach

Jun 8-29	Thu	9-10:30 a.m.	\$90/4	<a href="#">36731</a>
Aug 3-17	Thu	9 10:30 a.m.	\$68/3	<a href="#">36735</a>

## Pickleball - Drills with Bev. 3.5 and above

This series builds on moving to the next level. Suggestions and drills to quickly improve your game.

**Location:** Central Park Tennis/Pickleball Courts

**Instructor:** Victoria Pickleball Association NCCP Coach

Jun 8-29	Thu	3-4:30 p.m.	\$90/4	<a href="#">36732</a>
Jul 6-27	Thu	3-4:30 p.m.	\$90/4	<a href="#">36733</a>
Aug 3-24	Thu	3-4:30 p.m.	\$90/4	<a href="#">36736</a>

## Pilates

### Pilates Power

A Pilates-inspired class targeting deep core activation through a hybrid workout of traditional Pilates, body weight 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! Great class for all levels.

**Location:** Crystal Pool and Fitness Centre Fitness Loft

**Instructor:** Spencer Irwin

Jun 19-Jul 17	Mon	7-8 p.m.	\$68/5	<a href="#">36781</a>
Jul 24-Aug 28	Mon	7-8 p.m.	\$68/5	<a href="#">36782</a>

*No class Aug 7*



### DID YOU KNOW?

A variety of group fitness classes offered throughout the weekend are included in your membership or drop-in fee. Check out our group fitness schedule at [victoria.ca/crystalpool](http://victoria.ca/crystalpool)



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

FACILITY HOLIDAY CLOSURES:  
July 1 - Canada Day  
August 7 - BC Day

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## Outdoor 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 levels.

**Location:** Crystal Pool and Fitness Centre Outdoor Studio

**Instructor:** Spencer Irwin

Jun 22-Jul 27	Thu	6-7 p.m.	\$82/6	<a href="#">36779</a>
Aug 3-31	Thu	6-7 p.m.	\$68/5	<a href="#">36780</a>

## Small Group Personal Training

### Small Group Personal Training

Small group personal training is an economic alternative to one-on-one training, plus working out with others helps to push you to new levels. Custom designed workouts are built in with different levels of fitness in mind. You will receive accountability, motivation, support, experience and expert guidance to reach your fitness goals in this small group environment of four-seven clients to one personal trainer.

**Location:** Crystal Pool and Fitness Centre Fit Pit

**Instructor:** Chris Woeller

Jun 20-Jul 13	Tue-Thu	7-7:45 a.m.	\$90/8	<a href="#">36617</a>
Jun 20-Jul 13	Tue-Thu	7-8:30 a.m.	\$90/8	<a href="#">36783</a>
Jun 20-Jul 13	Tue-Thu	5:15-6:15 p.m.	\$120/8	<a href="#">36614</a>
Aug 1-31	Tue-Thu	7-7:45 a.m.	\$113/10	<a href="#">36785</a>
Aug 1-31	Tue-Thu	7:45-8:30 a.m.	\$113/10	<a href="#">36786</a>
Aug 1-31	Tue-Thu	5:15-6:15 p.m.	\$150/10	<a href="#">36787</a>

## Adult Martial Arts

### Kimura Shukokai Karate

Traditional karate shaped by modern sport science; Shukokai Karate is an internationally recognized karate style accessible to all ages, skill levels and body types which uses the study of body mechanics to develop power, speed and control.

**Location:** Crystal Pool and Fitness Centre Fitness Loft

**Instructor:** Greg Foster

Jun 25-Aug 27	Sun	1-2 p.m.	\$160/8	<a href="#">36640</a>
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No class Jul 2, Aug 6



### Boxing Fundamentals

Boxing Fundamentals offers a no-contact way to introduce yourself to the basics of boxing in a friendly and inclusive environment. Each class will include a warm-up, boxing theory and drills, padwork and a core workout to finish. You will walk away from each class feeling relaxed, focused and empowered.

**Location:** Crystal Pool and Fitness Centre Fitness Loft

**Instructor:** Ian Popoff

Jul 31-Aug 28	Mon	10:30-11:30 a.m.	\$75/5	<a href="#">36639</a>
Jul 31-Aug 28	Mon	5:30-6:30 p.m.	\$75/5	<a href="#">36633</a>

No class Aug 7



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## Brazilian Jiu Jitsu - Fundamentals

Brazilian jiu-jitsu was developed based on the idea that it is possible to overcome a stronger opponent using techniques and levers against their strength. In this class you will learn the fundamental movements, positions and submissions that make Brazilian jiu jitsu both an effective self-defense tool and a fun way to exercise.

**Location:** Crystal Pool and Fitness Centre Lower Auditorium

**Instructor:** Ian Popoff

Aug 1-29      Tue      5:30-6:30 p.m.      \$60/4      [36636](#)

## Brazilian Jiu Jitsu - All Levels

Once you have learned the fundamentals, it's time to start broadening your knowledge of positions, submissions, takedowns and passes. The classes are based off of a beginner- intermediate curriculum and revolve around repetition of skills and drills.

**Location:** Crystal Pool and Fitness Centre Lower Auditorium

**Instructor:** Ian Popoff

Aug 1-29      Tue      6:30-7:30 p.m.      \$60/4      [36635](#)

## Kickboxing - Beginner

Kickboxing fundamentals offers a no-contact 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 Fitness Loft

**Instructor:** Ian Popoff

Aug 2-30      Wed      5-6 p.m.      \$60/4      [36631](#)



## Kickboxing - All Levels

Already know the basics? This class will build on your prior knowledge of kickboxing to increase strength, cardio and co-ordination through drills and exercises designed to take your kickboxing skills to the next level!

**Location:** Crystal Pool and Fitness Centre Fitness Loft

**Instructor:** Ian Popoff

Aug 2-30      Wed      6-7 p.m.      \$60/4      [36634](#)

## CycleFIT

## Spintervals

A combination of spin, intervals of body weight exercises, weights and more. If you don't like spending too long on a spin bike, this is for you. Bring a towel! Sun and shade options available.

**Location:** Crystal Pool and Fitness Centre Outdoor Studio

Jul 10-Aug 21      Mon      5-6 p.m.      \$81/5      [36643](#)

*No class Aug 7*



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## Outdoor Cycle

Breathe in the fresh air while you join us for a motivating and energizing workout that will build your cardiovascular and muscular endurance. This class will include a mix of speed, intervals, endurance and fun, all while enjoying the outdoors. Sun and shade options available.

**Location:** Crystal Pool and Fitness Centre Outdoor Studio

**Instructor:** Jessica David

**Jul 12-Aug 23** Wed 5:15-6:15 p.m. \$81/6 [36807](#)

No class Aug 9

### ARE YOU 55+?

Specialized programs for older adults are also delivered by our partner, Victoria Silver Threads Senior Centre. Visit [silverthreads.ca](http://silverthreads.ca) for a complete list of programs.

55+

## Yoga

### 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 the energy flow, enhancing the flow of chi in the organs. Yin yoga also offers wonderful emotional and mental health benefits. Drop in option available, call 250.361.0732 to register.

**Location:** Crystal Pool and Fitness Centre Lower Auditorium

**Instructor:** Paige Driedger

**Jun 26-Jul 24** Mon 6-7 p.m. \$68/5 [36775](#)

**Jul 31-Aug 28** Mon 6-7 p.m. \$54/4 [36776](#)

No class Aug 7

### Hatha Yoga

Explore various aspects of yoga with pranayana (breath work), supported postures and relaxation. Breath merges with movements in this all levels flow. A slow pace class with room for deep stretches, holds and weaving in ample mindfulness and breathing techniques. Not too hard, not too soft, just right. Modifications or alternative poses will be provided if needed. This yoga practice will be about touching your soul, not your feet: be curious and join us. Drop in option available, call 250.361.0732 to register

**Location:** Crystal Pool and Fitness Centre Lower Auditorium

**Instructor:** Nancy Prevost-Maurice

**Jun 28-Jul 26** Wed 5:45-6:45 p.m. \$68/5 [36777](#)

**Aug 2-30** Wed 5:45-6:45 p.m. \$68/5 [36778](#)



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## Power Flow

Breathe in the fresh air as you move through a Power Flow Yoga class. This total body yoga workout gets your heart rate up, followed by some deep stretches. It's the perfect blend of toning and stretching! Drop in option available, call 250.361.0732 to register.

**Location:** Crystal Pool and Fitness Centre Outdoor Studio

**Instructor:** Paige Driedger

Jul 4-25	Tue	7-8 p.m.	\$54/4	<a href="#">36616</a>
Aug 1-29	Tue	7-8 p.m.	\$68/5	<a href="#">36774</a>

## Boot Camp and Circuit Training

### Outdoor TRX Circuit Training

If you want to sweat, have fun, burn calories and increase your muscle endurance then this is your class. Focused around our TRX Suspension trainer, this circuit class provides the ultimate workout to train strength, endurance, balance, coordination, flexibility, power and core stability. TRX training will change the way you view exercise and will take your workouts to a whole new level.

**Location:** Crystal Pool and Fitness Centre Outdoor Studio

Jul 10-Aug 21	Mon	6:15-7:15 p.m.	\$81/6	<a href="#">36632</a>
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No class Aug 7

## Baby Bootcamp

Get fit with other new caregivers. Wheel your stroller or baby joggers right in the outdoor studio, or still in their car seats. Babies start as young as three weeks old, but is dependent on parents and how ready they feel to start. Please get cleared for exercise from your doctor prior to introducing any exercise program. The instructor will take you through a full body workout which can be modified for any fitness level. If you need to stop and care for your child that is fine! Just get in as much exercise as you can during the 60 minute class.

**Location:** Crystal Pool and Fitness Centre Outdoor Studio

**Instructor:** Mariah Kelly

Jul 13-Aug 17	Thu	10:15-11:15 a.m.	\$81/6	<a href="#">36641</a>
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### 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 Outdoor Studio

**Instructor:** Jessica David

Jul 12-Aug 23	Wed	6:30-7:30 p.m.	\$81/6	<a href="#">36615</a>
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No class Aug 9



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