



WINTER 2022

Adult Health and Wellness

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

Feb. 7-Apr. 4 **Mon** **6-7 p.m.** **\$108/8** [29338](#)

**no class Feb. 21*

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

Jan. 24-Mar. 21 **Mon** **7:30-8:30 p.m.** **\$108/8** [29579](#)

Jan. 20-Mar. 10 **Thu** **6-7 p.m.** **\$108/8** [29340](#)

**no class Feb. 21*



ARE YOU 55+?

Specialized programs for older adults are also delivered by our partner, Victoria Silver Threads Senior Centre. Visit silverthreads.ca for a complete list of programs.



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



MARK YOUR CALENDAR:

Crystal Pool and Fitness Centre is closed on Monday, Feb. 21 for Family Day. No classes that day.



LEARN MORE AND REGISTER:
victoria.ca/crystalpool 250.361.0732

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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.



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

Personal Trainer Elena Henwood

Elena's creative programs target strength, flexibility and weight loss. She's an excellent choice if you've never tried personal training or need to find your confidence in the gym. Elena teaches skeletal and neurological organization for greater range of motion, improved coordination and better balance. She's encouraging, playful, careful and thorough. When you're having fun, it doesn't feel like work!



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

Jan. 25-Feb. 4	Tue/Fri	7-8 a.m.	\$90/6	29343
Jan. 25-Feb. 3	Tue/Thu	5:15-6:15 p.m.	\$90/6	29341
Feb. 8-Mar. 4	Tue/Fri	7-8 a.m.	\$120/8	29344
Feb. 8-Mar. 3	Tue/Thu	5:15-6:15 p.m.	\$120/8	29342



Winter Fit for Life Personal Training



Jump start your fitness routine and create healthy habits. \$350 includes:

- Assessment
- 10 personal training sessions
- Customized fitness plan

Deal only available until February 28, 2022.

