



WINTER 2023

# Adult Health and Fitness

## Pilates

### 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! Great class for all levels.

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

**Instructor:** Spencer Irwin

Jan 9-Feb 13	Mon	7-8 p.m.	\$81/6	<a href="#">34347</a>
Feb 27-Apr 3	Mon	7-8 p.m.	\$81/6	<a href="#">34335</a>



### 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 skill levels.

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

**Instructor:** Spencer Irwin

Jan 12-Feb 23	Thu	6 -7 p.m.	\$95/7	<a href="#">34349</a>
Mar 2-Apr 13	Thu	6 -7 p.m.	\$95/7	<a href="#">34351</a>

## Yoga

### 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 will be about touching your soul, not your feet. Drop-in is available.

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

**Instructor:** Nancy Prevost-Maurice

Jan 18-Mar 1	Wed	5:45-6:45 p.m.	\$95/7	<a href="#">34344</a>
Mar 8-Apr 19	Wed	5:45-6:45 p.m.	\$95/7	<a href="#">34336</a>

### 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 and 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. Drop-in is available.

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

**Instructor:** Paige Driedger

Jan 23-Mar 6	Mon	6-7 p.m.	\$95/7	<a href="#">34340</a>
Mar 13-Apr 17	Mon	6-7 p.m.	\$81/6	<a href="#">34343</a>



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

FACILITY HOLIDAY CLOSURES:  
Jan. 1 - New Year's Day  
Feb. 20 - BC Family Day

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## Vinyasa Yoga

This vinyasa flow class will incorporate a steady flow of movement in alignment with breath, with the expectations of getting our hearts going. Includes lots of movement and a variation of powerful asanas. Can't commit to a full course? Drop-in is available.

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

**Instructor:** Paige Driedger

Jan 27-Mar 10	Fri	Noon-1 p.m.	\$95/7	<a href="#">34339</a>
Mar 17-Apr 28	Fri	Noon-1 p.m.	\$95/7	<a href="#">34392</a>

## Intermediate Kickboxing

If you already know the basics of kickboxing and want to learn more, this program is a continuation from our beginner program. We will take a closer look at footwork, defensive techniques and building combinations.

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

**Instructor:** Ian Popoff

Jan 11-Feb 22	Wed	6-7 p.m.	\$105/7	<a href="#">34672</a>
Mar 1-Apr 12	Wed	6-7 p.m.	\$105/7	<a href="#">34673</a>

## Martial Arts

### 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, Fitness Loft

**Instructor:** Ian Popoff

Jan 11-Feb 22	Wed	5-6 p.m.	\$105/7	<a href="#">34341</a>
Mar 1-Apr 12	Wed	5-6 p.m.	\$105/7	<a href="#">34353</a>

### Beginner Brazilian Jiu Jitsu

Brazilian jiu-jitsu is 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 defence tool and a fun way to exercise.

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

**Instructor:** Ian Popoff

Jan 10-Feb 21	Tue	5:30-6:30 p.m.	\$105/7	<a href="#">34674</a>
Feb 28-Apr 11	Tue	5:30-6:30 p.m.	\$105/7	<a href="#">34675</a>

55+

### 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.



### DID YOU KNOW?

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



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## Personal Training

Personal Training offers custom designed fitness programs for weight loss, fat loss, general fitness, increased energy, strength training and sport specific training. Our friendly personal trainers will work with you to achieve your personal fitness goals.

### RATES

Single session	\$55
3 sessions	\$144
4 sessions	\$180
5 sessions	\$213
10 sessions	\$400



## Small Group Personal Training

Small group personal training is an economic alternative to one-on-one training. Plus, working out with others helps push you to new levels. Custom designed workouts are built 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 3-6 clients to one coach.

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

**Instructor:** Chris Woeller

Jan 3-26	Tue-Thu	7-7:45 a.m.	\$90/8	<a href="#">34354</a>
Jan 3-26	Tue-Thu	7:45-8:30 a.m.	\$90/8	<a href="#">34355</a>
Jan 3-26	Tue-Thu	5:15-6:15 p.m.	\$120/8	<a href="#">34337</a>
Jan 31-Feb 23	Tue-Thu	7-7:45 a.m.	\$90/8	<a href="#">34348</a>
Jan 31-Feb 23	Tue-Thu	7:45-8:30 a.m.	\$90/8	<a href="#">34345</a>
Jan 31-Feb 23	Tue-Thu	5:15-6:15 p.m.	\$120/8	<a href="#">34350</a>
Feb 28-Mar 23	Tue-Thu	7-7:45 a.m.	\$90/8	<a href="#">34338</a>
Feb 28-Mar 23	Tue-Thu	7:45-8:30 a.m.	\$90/8	<a href="#">34346</a>
Feb 28-Mar 23	Tue-Thu	5:15-6:15 p.m.	\$120/8	<a href="#">34352</a>
Mar 28-Apr 20	Tue-Thu	7-7:45 a.m.	\$90/8	<a href="#">34382</a>
Mar 28-Apr 20	Tue-Thu	7:45-8:30 a.m.	\$90/8	<a href="#">34383</a>
Mar 28-Apr 20	Tue-Thu	5:15-6:15 p.m.	\$120/8	<a href="#">34384</a>



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## Personal Trainer Chris Woeller

Chris is a BCRPA Weight Training Instructor and Personal Trainer. He brings a positive attitude, great energy and is one of our most experienced trainers. Committed to helping clients pursue their goals, Chris believes exercise should be fun and integrated into our everyday lives.



## Personal Trainer Greg Foster

Greg is a CSEP-Certified Personal Trainer, and holds a Bachelor of Sport and Fitness Leadership (Kinesiology) and Diploma of Exercise and Wellness from Camosun College. Greg's goal is to have a positive impact on every client by helping them reach their maximum potential and live their healthiest, fullest and best lives.



He believes that progress and success are different for each person and that growth, learning and improvement are a continuous and lifelong process. He brings a positive energy, motivational attitude and knowledge of a wide variety of exercise modalities to suit each individual's fitness journey.



## Winter Fit for Life Personal Training



Jump start your fitness routine and create healthy habits. \$375 includes:

- Assessment
- 10 personal training sessions
- Customized fitness plan

Deal only available until January 31, 2023.



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