



WINTER 2023

Drop-In Fitness Classes (Effective January 2-March 31, 2023)

Get your heart rate up and have fun in a variety drop-in group fitness classes with our friendly instructors. No registration required.

MON	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		12–12:50 p.m. Boot Camp			11:45 a.m.–12:45 p.m. Zumba Cardio Dance
	6:30–7:30 p.m. Athletic Conditioning		6:30–7:30 p.m. Strength Conditioning		
		7–8 p.m. Zumba Cardio Dance			



Program Descriptions

Stretch and Strength

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

Abs Attack

30 minutes of abdominal work, core strengthening and flexibility.

Hi/Lo Combo

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

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.

Athletic Conditioning

A challenging class that uses complex compound movements in a variety of training techniques.

Strength Conditioning

Weight train in classes? You bet! Strength and power exercises that focus on building muscle and size.

Zumba Cardio Dance

High energy dance workout for core strengthening and flexibility.



LEARN MORE AND REGISTER:
victoria.ca/crystalpool
250.361.0732

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

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