



SUMMER 2024

Drop-In Fitness Classes (Effective July 1-August 31, 2024)

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

Check victoria.ca/crystalpool for schedule changes

MON	TUE	WED	THU	FRI
	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 No class on July 15, 22, 29		12–12:50 p.m. Boot Camp		
	6:30–7:30 p.m. Athletic Conditioning		6:30–7:30 p.m. Strength Conditioning No class on July 18, 25	
		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:
July 1 - Canada Day
August 5 - BC Day

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