



FALL 2023

Drop-In Fitness Classes (Effective September 1-November 19, 2023)

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

Check victoria.ca/crystalpool for schedule changes

MON	TUE	WED	THU	FRI	SAT	SUN
	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 complete compound movements and 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

STATUTORY HOLIDAY CLOSURES:
 Labour Day - September 4
 National Day for Truth and Reconciliation - September 30
 Thanksgiving - October 9
 Remembrance Day - November 11

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