



Winter 2025

# Drop-In Fitness Classes (Effective January 2-March 31, 2025)

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](https://victoria.ca/crystalpool) for schedule changes

MON	TUE	WED	THU	FRI	SAT	SUN
	<b>8:30–9:15 a.m.</b> Stretch and Strength	<b>8:45–9:15 a.m.</b> Abs Attack	<b>8:30–9:15 a.m.</b> Stretch and Strength	<b>8:45–9:15 a.m.</b> Abs Attack		
	<b>9:15–10:15 a.m.</b> Hi/Lo Combo	<b>9:15–10:15 a.m.</b> Body Sculpt	<b>9:15–10:15 a.m.</b> Hi/Lo Combo	<b>9:15–10:15 a.m.</b> Body Sculpt		
<b>12–12:50 p.m.</b> Boot Camp		<b>12–12:50 p.m.</b> Boot Camp			<b>11:45 a.m.–12:45 p.m.</b> Zumba Cardio Dance*	
	<b>6:30–7:30 p.m.</b> Athletic Conditioning		<b>6:30–7:30 p.m.</b> Strength Conditioning			
		<b>7–8 p.m.</b> 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

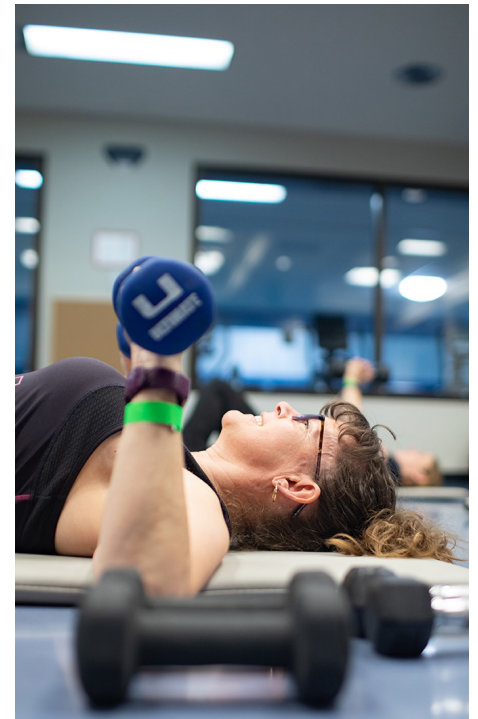
A challenging class that uses complete compound movements and a variety of training techniques.

### 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.  
\*Starts again Feb 8 and 12, 2025.



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

STATUTORY HOLIDAY CLOSURES:  
Family Day - February 17

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