Registration for recreation programs and intramurals opens: 
**DECEMBER 5, 2016 | 6:30AM**

Register at vikesrec.ca or at the CARSA Membership Services desk.

Vikes Recreation makes it easy for you to find and discover new activities. The Vikes Recreation guide is your overall source for facility information, membership options, and general program overviews and policies.

#VIKEUPYOURLIFE

Come and work out, learn a new skill and enjoy all the facilities and services we have to offer. Vikes Recreation offers memberships for students, staff and faculty, Alumni and Community.

vikesrec.ca/membership
What’s the secret to fitness success? Variety. With the Vikes All In Fit and Climb pass your health and wellness options are endless. Test your limits on our 16-metre climbing wall, drop in for group fitness or come and experience the two level fitness weight centre.

INCLUDES ACCESS TO
- Peninsula Co-op Climbing Centre
- CARSA Fitness Weight Centre
- All Group Fitness Classes
- Regular Season Home Varsity Games (subject to availability)
- McKinnon Pool and Fitness Weight Centre
- Ian Stewart Complex Informal Skating drop in and Shiny
- CARSA Squash and Racquetball Courts
- Informal Drop In Programs
- Member only rates on registered programs and leagues
- Equipment rentals through Outdoor Resource Centre
- Participate in Clubs

Take your fitness to a new level with our enhanced Vikes Fit Plus pass.

Offering unbeatable convenience, members have access to our state of the art fitness weight centre and a wide range of Group Fitness options. Workout in the gym or work one of the many group fitness classes offered weekly.

INCLUDES ACCESS TO
- CARSA Fitness Weight Centre
- McKinnon Pool and Fitness Weight Centre
- CARSA Squash and Racquetball Courts
- Informal Drop In Programs
- Member only rates on registered programs and leagues
- Equipment rentals through Outdoor Resource Centre
- Participate in Clubs

STAFF FACTORY

Regular Continuing
$219 $438 $486.16

STUDENTS & ALUMNI

Students
$128 $256 $284.16

Alumni Association Member
$192 $384 $427.16

Vikes for Life Alumni (Includes 2% donation to the Alumni Association for Access to Fitness Centre)
N/A N/A $427.16

STUDENTS

Adult
$204 $408 $456.16

Youth (14-18)
$146 $292 $312.16

CARSA Membership Day Pass FWC/Group Fitness $10.50
CARSA Member Day Pass for Climbing Centre $10.50
CARSA Member Non-Member Day pass for Climbing Centre $15.10
CARSA Day Pass Youth $10.50
CARSA Day Pass Child (6-13) 17
CARSA Day Pass Child 5 and Under Free
CARSA Day Pass Family (4 adults and 2 children) $90
Leisure Assistant Pass $59

MEMBERSHIP FEES

TRADITIONAL PASS

Adapted
$57 $114 $122

5 YEAR
$100 $200 $234

10 YEAR
$150 $300 $351

SOFTBALL PASS

Adult $204 $408 $456.16
Youth (14-18) $146 $292 $312.16

STAFF & FACULTY

Regular Continuing
$179 $357 $378.16

ILEASS ASSISTANT PASS

Leisure Assistant Pass $59

MEMBERSHIP FEES

TRADITIONAL PASS

Adapted
$57 $114 $122

5 YEAR
$100 $200 $234

10 YEAR
$150 $300 $351

SOFTBALL PASS

Adult $204 $408 $456.16
Youth (14-18) $146 $292 $312.16

CANCELLATION POLICY

If minimum number of registration is not met, we may cancel classes. Decisions to run or cancel programs are generally on or 4-12 days prior to the first class. Please register early to avoid disappointment.

LEISURE ASSISTANT PASS

Athletics and Recreation works cooperatively with Recreation Integration Victoria to facilitate active lifestyles for people with disabilities. The Leisure Assistance Pass provides free access to a person accompanying a student with disabilities as a one-on-one assistant. Please call Recreation Integration Victoria at 250 477-6514 to arrange for a pass.

REQUIRED CLOTHING

In an effort to prevent unnecessary wear and tear on equipment and machines, all participants are asked to wear casual, athletic clothing and closed-toe shoes while working out or participating in activities. Shirts must be worn in all activity areas.

EMPLOYMENT

Currently hundreds of students are involved with the organization and administration of our programs as Instructors, fitness assistants, administrative assistants, and may also work within Recreation Integration Victoria as a one-on-one assistant. Please call Recreation Integration Victoria at 250 477-6514 to arrange for a pass.

MEMBERSHIP DEFINITIONS

In most cases, Athletes & Recreation fees were included in your tuition fee payment. Please check your bill statement.

Recreation membership is required for students to access the Athletics and Recreation facilities. Your validated student card is your membership. If recreation fees were not charged with your tuition fees, you may purchase your membership directly from Vikes Recreation.

STUDENTS

$157 $314 $334.16
Child $5-10 $61 $122 $142.16

Are you a UVic Alumni? Stay connected to UVic with our Vikes for Life 12-Month membership.

You gain access to CARSA’s facilities at a student rate plus a $25 contribution will be made to the “Alumni Association Bursary for Active, Healthy Living.” You will continue to receive the student rate with your annual renewal.

Be fit, give back, feel great!
Drop-in Recreation

Come Play! Vikes Recreation offers a variety of opportunities for drop-in play. Whether you shoot hoops in the gym, play ultimate Frisbee on the fields, take part in Aquafit or need space to move freely, we have options. Visit us online at vikesrec.ca for drop-in schedule changes. The most current schedules are found under Facility Calendars.

**CARSA FIELDHOUSE** | January 3-30

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**MCKINNON POOL** | January 3-30

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**AQUAFIT SCHEDULE** | January 9-4

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**OUTDOOR RECREATION RESOURCE CENTRE**

The Outdoor Recreation Resource Centre (ORRC) is a Vikes Recreation service that provides camping and outdoor recreation equipment rentals to Vikes Recreation members.

**WHERE** | CARSA equipment desk

<table>
<thead>
<tr>
<th>CAMPING EQUIPMENT</th>
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<td>(Camping equipment is only available to members)</td>
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**RENTAL PROCESS** | To rent equipment from ORRC, you can either call and reserve equipment or visit us at the CARSA equipment desk. A rental contract will be filled out by you and the staff member. A credit card number will be required in case of loss or damage to the equipment.

Please visit vikesrec.ca for the most up to date schedule or contact (250) 472-4044 for more information.
INCLUSIVE PROGRAMS FOR ALL ABILITIES

Vikes Nation includes people of all abilities and our programming reflects this. We offer a variety of inclusive sports and recreation programs. And, remember, our drop-in sessions are for EVERYONE. So come out, bring all your friends and try one of these awesome programs! Sports chairs will be provided as needed.

(For more information on times and locations, visit the membership services desk in CARSA or check out the “Inclusive Programming” drop-down menus at vikesrec.ca.)

DROP-IN ACTIVITIES AT CARSA

Wheelchair Tennis, Wheelchair Basketball, Integrated Spin Classes, Blind Soccer and more - Did you know that many competitive wheelchair basketball players can walk? We invite all people, of all abilities, to participate together in our integrated group fitness classes and inclusive drop-in sports. Come out, bring your friends, and give these activities a try. Sports chairs are provided for the wheelchair sports, and blindfolds and audible balls are provided for Blind Soccer, free of charge. Skilled facilitation help you learn the ropes to ensure you can participate.

REGISTERED ACTIVITIES

Adapted Strength and Conditioning
A highly skilled, certified Strength and Conditioning Specialist from the Victoria Wheelchair Sport Club will help you improve your fitness.

Inclusive Dance
Come explore a wide variety of dance styles with the guidance of our internationally certified mixed abilities dance instructor. Whether you’ve never danced before or you have years of experience, there is something in this inclusive class for you. All abilities welcome!

NEW! Adapted Climbing
Thanks to the generosity of the GoodLife Kids Foundation and several community partners, we are pleased to offer our first adapted climbing program with specialized equipment and staff training to meet the needs of all abilities! Keep a look out for upcoming registrations. Group rentals for adapted climbing are also available.

NEW! A COMPREHENSIVE INTRO TO DIGITAL PHOTOGRAPHY

Jan 12-Mar 9 | Thu, 7:30-9:30pm | McK 150
Instructor: Armando Tura

This course is designed for a broad spectrum audience, from beginners to intermediate and advanced photographers. Starting from the basic understanding of exposure, camera settings, manual and autofocus, compositions, and post-processing, this exciting journey leads into getting a taste of sport, studio (flash), landscape, and low light photography. Field trips are scheduled during class times and weekends. They consist of sporting events and studio sessions, and weather permitting, astrophotography. The instructor will promote individual assignments and projects based on each participant’s skill level, goal, interest and expertise.

Photo by Armando Tura | neatpicture.com

SPORTS CLUBS

Sport Clubs are led by students, for students in an active and social environment. A wide range of recreational or competitive opportunities exist. To find out more information, contact the specific club.

Getting involved with a Vikes Recreation Sports Club is easy. Contact Vikes Recreation Clubs or visit us in-person at CARSA or McKinnon Gym to find out more information and to register. More info clubs@uvic.ca

Archery archery@uvic.ca
Badminton smashing@uvic.ca
Ballroom Dance ballroom@uvic.ca
Caving caving@uvic.ca
Cheer cheer@uvic.ca
Cricket wicket@uvic.ca
Curling curling@uvic.ca
Dance Company danceco@uvic.ca
Equestrian riding@uvic.ca
Fencing fencing@uvic.ca
Figure Skating skate@uvic.ca
Ice Hockey hockey@uvic.ca
Juggling juggling@uvic.ca
Kayak vickayak@uvic.ca
Lacrosse field lax@uvic.ca
Outdoors outdoor@uvic.ca
Quidditch quidditch@uvic.ca
Sailing sailing@uvic.ca
Scuba icuba@uvic.ca
Snow uvic snow@uvic.ca
Squash squash@uvic.ca
Surfing surf@uvic.ca
Synchro Swim synchro@uvic.ca
Tennis tennis@uvic.ca
Triathlon uvicti@uvic.ca
Ultimate ultimate@uvic.ca
Women’s Ultimate uvixens@uvic.ca

Connect with us at Clubs & Course Union Days!
January 11/12 | 10-4pm | Student Union Building (Upper Lounge)
Not your average gym.
The Peninsula Co-op Climbing Centre is Canada’s tallest collegiate climbing wall and a great alternative from the traditional sports. Whether you’re an absolute beginner, or a rock star climber, our climbing terrain has something for everyone.

Getting Started
To use the bouldering walls simply drop by anytime during operating hours and our staff will get you started. You’ll be given a short orientation of the facility, safety regulations, and rules during your first visit. To access the tower, where route climbing occurs, you will need a partner, and some belay skills. We run weekly courses to teach new climbers the skills needed to belay safely. Experienced climbers can simply pass a belay test on their first visit, no appointment necessary.

Climbing Centre Hours

**WINTER 2016**

**Monday - Friday**

10:00am - 10:00pm

**Weekends, Holidays**

12:00 - 6:00pm

**Reading Break**

1 - 7pm

*Note: While our hours are consistent most the term, there will be exceptions for route-setting, competitions, group bookings and staff planning periods. Always check the online calendar at vikesrec.ca/climb for the most accurate information possible.

Membership and Fees

One Month Pass: $45
10 Punch Pass Student/Community/Alumni: $50
10 Punch Pass Staff: $55

**ONLY $1/2 PER SEMESTER FOR STUDENTS!!**

*See Membership Information on P2 for details*

Bookings

**Times don’t work?**

Want to take a lesson and none of our times fit into your schedule? You can book a private lesson at a time that works for you.

**Group Events**

Want to host an event at the Peninsula Co-op Climbing Centre? We can help facilitate learning and growth through various team-building and climbing activities.

**Want to Improve?**

Are you feeling like your climbing has hit a plateau or you want to improve your technique? Boasts a private lesson with one of our experienced instructors. We will tailor fit the lesson to meet your needs. Rates start at $40/hr for up to 5 people.

**Special Events**

**Vikes World Cup - February**

Over three weeks we will be setting a different section of the wall with only World Cup style boulder problems. Get ready for some trickery.

**Red-Tape Climbing Competition March 18**

Time to get excited for our 2nd annual boulder competition, there will be categories for all abilities. This year we will be pairing up with the University Bouldering series, so come out and show your school pride. #vikeupyourlife

**3rd Annual Bouldering Series, so come out and show your school pride. #vikeupyourlife.**
FITNESS

We deliver multi-leveled, innovative, and dynamic workouts that will make you feel alive.

Our classes are designed to get you moving, shaking and burning in every way imaginable.

ADAPTED STRENGTH & CONDITIONING

Developing strength, coordination and core stability can have a huge impact on improving function and mobility for people with special disabilities. Victoria Wheelchair Sports Club is pleased to partner with Blue Ocean Adapted from UVIC Condiitions, Touch by An Athlete’s Therapy and Certified Strength & Conditioning Specialist, this class will develop individual abilities in a safe and supportive environment. For more information, please visit www.victoriawheelchairsports.org/conditioning.

TRX BODY BLAST

Are you ready for an adrenaline rush? Change your body by pushing it to the next level. This is a strength and cardio conditioning workout combined to challenge your body from head to toe. New and experienced participants are welcome and will have you grooving and shaking away so you don’t feel how hard you are working. Join the party today and ditch the workout!

BEGINNER TRX

Never tried TRX Suspension Training before? That’s okay, this class is designed with the beginner in mind! Using the TRX you will get a full body workout like you’ve never experienced before.

EXPERIENCE TRX

Are your ready for an adrenaline rush? Change your body by pushing it to the next level. This is a strength and cardio conditioning workout combined to challenge your body from head to toe. New and experienced participants are welcome and will have you grooving and shaking away so you don’t feel how hard you are working. Join the party today and ditch the workout!

BOOMER KICKIN’ BARRE

Come learn proper release techniques using a combination of the foam roller and gentle stretching. Join us each week to explore how to become your own best body worker. Using techniques to deepen and strengthen the troubled areas, fluid stretches and joint ranges to complement the massage creating more ease of movement and flexibility.

TRIPLE THREAT

This is a highly invitational training class that pushes you to the max. From tabata to sprint training, this workout features a variety of LT techniques focusing on your upper body, lower body, and core. Great for all skill levels as it is alternated with brief recovery periods to provide a total body workout. Maximum results.

TOTAL BODY TRANSFORMATION

Achieve overall fitness through our Total Body Transformation Program! This small group based design ensures the individual attention you need to help you meet your health and fitness goals. Our program will help you incorporate fitness into your daily life and gain optimal health benefits. We care to all fitness levels to increase your energy, tone off your body, core and improve dietary habits. You will walk away armed with the tools to be the best you can be! Your trainer will include healthy recipes, goal setting and measurements. You will be transformed from head to toe!

TRX ARMED AND DANGEROUS

This is a 45 min TRX class designed to shape your upper body into shape! Come get your tickets to the gun show! All fitness levels welcome.

TRX BODY BOOTCAMP

This express workout is designed to get you out the door in no time, while delivering all the benefits of this effective training, by targeting all muscle groups. TRX has many benefits including building strength, balance, and improving joint mobility. This workout will help you meet your health and fitness goals. Suitable for all levels of fitness.

TRX CORE AND STRETCH

Experience a medley body approach to this TRX supersession training that emphasizes movement from the core and builds strength throughout your whole body. Challenge your upper body, lower body and core in this quick 45 minute class, and enjoy a deep stretch to finish. An excellent way to incorporate strength and cardio benefits into your busy week.

TRX HARD CORE

Put your core to the test in this 45 minute TRX workout. You will feel leaner and stronger when you walk out of this dynamic total body supersession training workout, leaving you wanting more. This class is sure to assist you in getting that flat Core you have always wanted. Don’t be shy, TRX is for all fitness levels.

TRX MAKE YOUR BODY A MACHINE

TRX Suspension Training, a new category of exercise for athletes and beginners of all abilities that leverages one’s own bodyweight and gravity to develop strength, balance, flexibility, and joint stability simultaneously. No matter if you’re a high level athlete or a weekend warrior, suspension training will help improve your game and quality of life. This workout is designed for all fitness levels, no one will be left behind.

TRX SUSPENSION TRAINING

TRX Suspension Training is a cross-category of exercise for athletes and beginners of all abilities that leverages one’s own bodyweight and gravity to develop strength, balance, flexibility, and joint stability simultaneously. No matter if you’re a high level athlete or a weekend warrior, suspension training will help improve your game and quality of life. This workout is designed for all fitness levels, no one will be left behind.

TRX BOOTCAMP

Need a nudge? How about a push? This Boot Camp style workout will get you through a variety of TRX suspension exercises fused with cardio intervals. Leave you feeling accomplished and strong. This class will help you reach your fitness goals. Suitable for all levels of fitness.

TRX SUSPENSION TRAINING

TRX Suspension Training is a cross-category of exercise for athletes and beginners of all abilities that leverages one’s own bodyweight and gravity to develop strength, balance flexibility, and joint stability simultaneously. No matter if you’re a high level athlete or a weekend warrior, suspension training will help improve your game and quality of life. This workout is designed for all fitness levels, no one will be left behind.

TRX BODY BLAST

This is a truly challenging class that brings together two of the top results-driven pieces of equipment out there: the barre and free weights. Designed to give you lean toned muscles, this class focuses on internal training endurance, balance, and strength. Come join us for a fantastic class that is sure to make you aware and keep you intense while delivering a calming burn that is sure to help you burn fat. All fitness levels welcome!

METABOLIC PLAYGROUND

TRX SUSPENSION TRAINING

TRX SUSPENSION TRAINING is a cross-category of exercise for athletes and beginners of all abilities that leverages one’s own bodyweight and gravity to develop strength, balance, flexibility, and joint stability simultaneously. No matter if you’re a high level athlete or a weekend warrior, suspension training will help improve your game and quality of life. This workout is designed for all fitness levels, no one will be left behind.

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PERSONAL TRAINING

Vikes Recreation provides convenient personal training services for beginners and those looking for suggestions to enhance their existing programs. Personal training focuses on lifestyle and can be tailored to meet your needs and goals, and support you through the process of transforming your lifestyle.

GROUP PERSONAL TRAINING

<table>
<thead>
<tr>
<th>GROUP</th>
<th>MEMBER</th>
<th>NON-MEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Clients</td>
<td>$33.25</td>
<td>$58.75</td>
</tr>
<tr>
<td>3 Clients</td>
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<tr>
<td>4 Clients</td>
<td>$22.25</td>
<td>$28</td>
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</table>

* It is the responsibility of the group to ensure all group members are able to make the arranged workouts.

ONE-TO-ONE PERSONAL TRAINING

<table>
<thead>
<tr>
<th>PROGRAM</th>
<th>MEMBER</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Fitness Consultation</td>
<td>$47.75</td>
<td>$59</td>
</tr>
<tr>
<td>Fitness Maximizing Program (4hrs)</td>
<td>$179</td>
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</tr>
<tr>
<td>“Achieving Success” Program (6hrs)</td>
<td>$256.25</td>
<td>$320.75</td>
</tr>
<tr>
<td>“Transform your Lifestyle” Program (10hrs)</td>
<td>$403.00</td>
<td>$505.00</td>
</tr>
</tbody>
</table>

FITNESS CONSULTATION (1hr)

This one hour session is suited for those looking for suggestions to change their existing fitness programs or more general information on how to get started.

“GETTING STARTED” PROGRAM PACKAGE (4 HOURS)

This program is suited for those learning or reviewing the skills and techniques in any fitness program. Four personal trainers will work with you to outline an fitness program suited to your individual needs and will put this plan into action. You will learn safe and effective techniques over a few sessions to help promote the learning process.

“ACHIEVING SUCCESS” PROGRAM PACKAGE (6 HOURS)

It has been suggested that approximately 60% of people starting a new exercise regime will drop out after six months. Don’t let this happen to you. This package is suited for those who are challenged by making fitness a life long habit. You will not only receive a detailed program suited for your needs, you will learn strategies that may help you create a permanent lifestyle change.

“TRANSFORM YOUR LIFESTYLE” PROGRAM PACKAGE (10 HOURS)

If you are committed to achieving your body treatment, the 10 hour package will give you the time to see progression and form lifestyle changing habits. Your Personal Trainer will work with you to develop a fitness program to meet your needs and goals, and support you through the process of transforming your lifestyle.

FITNESS WEIGHT CENTRE

Our CARSA Fitness Weight Centre is a 20,000 square foot space spread over two floors, with elevator access available. The FWC offers a variety of equipment for fitness levels and abilities, including new cardio pieces with advanced technology, free weights, Olympic benches, squat racks, a krankyycle, additional strength pieces with pull-away seats for wheelchair accessibility, and so much more. Visit vikeres.ca for more info and FWC guidelines.

PERSONAL TRAINING

It is the responsibility of the group to ensure all group members are able to meet your needs and goals, and support you through the process of transforming your lifestyle.

VEIKES CAMPUS RECREATION IS PROUD TO PRESENT THE LEADING EDGE IN INTEGRATIVE TECHNOLOGY.

Our Woodway and Matrix treadmills fitted with screens are now equipped with television cable service, internet, and fitness tracking through Netpulsive. Please consult with a Strength Trainer with any questions you may have.

FWC YOUTH ORIENTATION - $20

This orientation has been developed for youth ages 14-15 wishing to access the Fitness Weight Centre. This orientation is designed to teach you how to use the equipment safely and effectively, along with providing you the Fitness Weight Centre guidelines and proper etiquette. You will be given a tour of the facility, and an overview of the equipment and services available.

We will ensure that you have the knowledge and skills required to use the Fitness Weight Centre. Upon completion of this 2-hour program participants ages 14-15 will be permitted access to the Fitness Weight Centre without parental supervision. Without completion of this orientation, participants ages 14-15 will not gain access to the FWC.

Please meet your Trainer at the CARSA front desk 5mins prior to orientation start time.

* If you are unable to attend one of the following orientations you can book a time at your convenience by purchasing personal or group training.

MIND BODY

BEDTIME YOGA

Rest and recover from your busy day with a peaceful bedtime yoga class. This practice will take you on a journey to calm and allow you to slow your mind and body.

Start your morning off with an invigorating Hot Yoga class. This fun, flowing yoga class will energize the body and mind, while also helping you stretch and strengthen your muscles.

POWER FLOW YOGA

Take the time to enjoy a stretch, reduce stress and renew your energy. This yoga class will focus on flow sequences, postures and breath work that will help you relax and prepare for a good night’s sleep.

Calm your mind and body with a relaxing class of deep holding postures to stretch out those deep tissues. This class is designed for all levels, to open up your body, mind, and weekend!

LUNCH BOX POWER YOGA

Break up your day with this cheerful, vibrant yoga hour. A tasty combo of delicious poses created to nourish your body and fill up your spirit. Open to all levels.

FLOW THROUGH A MINUTE DETOX YOGA

This one energizing asana to another while linking each movement together. Open your heart, release tension and stress in your body and renew your mind.

MATHA FLOW

This one energizing asana to another while linking each movement together. Open your heart, release tension and stress in your body and renew your mind.

CARDIO PILATES

Calme burning calories and build your cardio endurance. This low-impact class will help you work on cardiovascular fitness and a strong core.

KEEP YOUR BODY MOVING AT LEAST 30 MINUTES A DAY

Take the time to enjoy a stretch, reduce stress and renew your energy. This yoga class will focus on flow sequences, postures and breath work that will help you relax and prepare for a good night’s sleep.

RESTORATIVE FLOW YOGA

Flow through a series of restorative postures sure to leave you feeling relaxed and rejuvenated. Juicy flows to help you ease. Explore invigorating standing sequences, poses and every class will include deep stretching and calming relaxation. You will leave feeling invigorated, alive, and maybe even a bit sore the next day (in a good way).

YOGA ABC’S - ARMS, BUTT AND CORE

A yoga workshop designed to target your Arms, Hip, and Core. Work through a series of challenging bodyweight changes exercises while linking your movement to breathe to cultivate a deeper awareness and relaxation.

RELAX AND RESTORE YOGA

Enjoy a mid week pick me up by ending your Wednesday with this gentle sleep yoga class. This practice will take you on a journey to calm and allow you to slow your mind and body.

STAFF YOGA - FLOW

Take the time to enjoy a stretch, reduce stress and renew your energy. This yoga class will focus on flow sequences, postures and breath work that will help you relax and prepare for a good night’s sleep.

YOGA ABC’S - ARM, BUTT AND CORE

A yoga workshop designed to target your Arms, Hip, and Core. Work through a series of challenging bodyweight changes exercises while linking your movement to breathe to cultivate a deeper awareness and relaxation.

HIP HOP YOGA

Join us for a fun, flowing class of classic yoga practices and high energy, current hip hop music. This fun flow class will get your heart rate pumping while sticking to the classics. No previous experience necessary, as the music melds in with the moves, and the moves are in tune with your breathing, young participants, the ultimate fun and fun yoga class.

GROUP YOGA

This fun, flowing yoga class will energize the body and mind, while also helping you stretch and strengthen your muscles.

DELUXE YOGA

Stretch and strengthen your body with a relaxing class of deep holding postures to stretch out those deep tissues. This class is designed for all levels, to open up your body, mind, and weekend!

LTHELENTENGE AND FLOW

Flow through a series of restorative postures sure to leave you feeling relaxed and rejuvenated. Juicy flows to help you ease. Explore invigorating standing sequences, poses and every class will include deep stretching and calming relaxation. You will leave feeling invigorated, alive, and maybe even a bit sore the next day (in a good way).

Atribal YOGA

Get the blood flowing with a fun, flow yoga class designed to allow you to practice yoga and stretch your body. Get your sweat on with a flow yoga experience.

REACH AND RELAX YOGA

Enjoy a mid week pick me up by ending your Wednesday with this gentle sleep yoga class. This practice will take you on a journey to calm and allow you to slow your mind and body.

DELUXE YOGA

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**GROUP FITNESS CLASSES**

<table>
<thead>
<tr>
<th>Winter</th>
<th>January 4-April 2</th>
</tr>
</thead>
</table>

### DALRINDY STUDIO (SPIN STUDIO)

**COLOR ME CRAZY**

Spin from the heart! A color-themed spin class designed to get you moving and sweating. Follow along as your instructor takes you through a variety of colors and intensities, challenging you to push your limits.

**SPIN 45**

A classic and dynamic 45-minute ride that includes intervals of out of saddle riding, jumps and sprints that will challenge your cardiovascular system. No equipment needed.

<table>
<thead>
<tr>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Price</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 5:30-6:15pm</td>
<td>Nicole Lakas</td>
<td>Dairyland Studio</td>
<td>$25</td>
<td></td>
</tr>
<tr>
<td>Wed 5:15-6:00pm</td>
<td>Nicole Lakas</td>
<td>Dairyland Studio</td>
<td>$25</td>
<td></td>
</tr>
<tr>
<td>Thu 5:30-6:15pm</td>
<td>Nicole Lakas</td>
<td>Dairyland Studio</td>
<td>$25</td>
<td></td>
</tr>
</tbody>
</table>

### GYWNNE STUDIO (MOVEMENT STUDIO)

**SWEAT AND SCULPT**

A sculpting and strength class featuring a blend of strength and cardio exercises designed to give you a sweaty, sculpted, and toned body. All levels welcome.

**CARDIO & CORE QUICKIE**

A 20-minute interval class that will take you through a series of sprints, jumps, and upper body exercises to get your heart rate up and your body moving. All levels welcome.

**R.E.P.E.A.T SPIN**

A 45-minute spin class that will challenge you with intervals of out of saddle riding, jumps, and sprints to get your heart rate up and your body moving. All levels welcome.

<table>
<thead>
<tr>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Price</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 7:00-8:00am</td>
<td>Nicole Lakas</td>
<td>Gwynne Studio</td>
<td>$25</td>
<td></td>
</tr>
<tr>
<td>Wed 7:00-8:00am</td>
<td>Nicole Lakas</td>
<td>Gwynne Studio</td>
<td>$25</td>
<td></td>
</tr>
<tr>
<td>Fri 7:00-8:00am</td>
<td>Nicole Lakas</td>
<td>Gwynne Studio</td>
<td>$25</td>
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</tbody>
</table>

### YOLATES

This combination of pilates, yoga and muscle conditioning focuses on developing strength and stamina for both mind and body. All fitness levels welcome.

<table>
<thead>
<tr>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Price</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon - Fri 9:30-10:15am</td>
<td>Nicole Lakas</td>
<td>Dairyland Studio</td>
<td>$25</td>
<td></td>
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<tr>
<td>Mon - Fri 10:15-11:00am</td>
<td>Nicole Lakas</td>
<td>Dairyland Studio</td>
<td>$25</td>
<td></td>
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</tbody>
</table>

### YOGA CHILL OUT

Come decompress from work and study! The focus of this class is stretching and recharging your batteries. Sequences and postures will be geared towards long hamstrings, neck and shoulders.

<table>
<thead>
<tr>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Price</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 11:30-12:30pm</td>
<td>Nicole Lakas</td>
<td>Dairyland Studio</td>
<td>$25</td>
<td></td>
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<tr>
<td>Wed 11:30-12:30pm</td>
<td>Nicole Lakas</td>
<td>Dairyland Studio</td>
<td>$25</td>
<td></td>
</tr>
<tr>
<td>Fri 11:30-12:30pm</td>
<td>Nicole Lakas</td>
<td>Dairyland Studio</td>
<td>$25</td>
<td></td>
</tr>
</tbody>
</table>

### YOGA TONE

This class combines yoga postures, weight-bearing exercises, and movement for a fast-paced, high-intensity, challenging and fun full-body workout. You will build strength and get your heart rate pumping. All fitness levels welcome.

<table>
<thead>
<tr>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Price</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon - Fri 11:00-12:00pm</td>
<td>Nicole Lakas</td>
<td>Dairyland Studio</td>
<td>$25</td>
<td></td>
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<tr>
<td>Mon - Fri 12:00-1:00pm</td>
<td>Nicole Lakas</td>
<td>Dairyland Studio</td>
<td>$25</td>
<td></td>
</tr>
</tbody>
</table>

### YOGA FOR STIFF PEOPLE

Yoga can help ease tension in your body and mind. Stretch tight areas such as shoulders, hips, hamstrings, and the low back as we let go of the demands of the day and relax in the present moment. Increase flexibility and prioritize your health. You will leave feeling refreshed and renewed! All levels welcome.

<table>
<thead>
<tr>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Price</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 5:30-6:30pm</td>
<td>Nicole Lakas</td>
<td>Dairyland Studio</td>
<td>$25</td>
<td></td>
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<tr>
<td>Mon 6:30-7:30pm</td>
<td>Nicole Lakas</td>
<td>Dairyland Studio</td>
<td>$25</td>
<td></td>
</tr>
</tbody>
</table>

### CROSSFIT

Join us for a challenging workout that will test your limits! All fitness levels welcome.

<table>
<thead>
<tr>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Price</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 9:00-10:00am</td>
<td>Gwynne</td>
<td>Dairyland Studio</td>
<td>$25</td>
<td></td>
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<tr>
<td>Wed 9:00-10:00am</td>
<td>Gwynne</td>
<td>Dairyland Studio</td>
<td>$25</td>
<td></td>
</tr>
<tr>
<td>Fri 9:00-10:00am</td>
<td>Gwynne</td>
<td>Dairyland Studio</td>
<td>$25</td>
<td></td>
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</tbody>
</table>

### RIDE AND SHINE

This morning class is sure to wake you up. Follow your coach’s cues to get your heart rate up, and feel the burn. Get your endorphins flowing! All fitness levels welcome.

<table>
<thead>
<tr>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
<th>Price</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 8:00-9:00am</td>
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<td>$25</td>
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<td>Wed 8:00-9:00am</td>
<td>Nicole Lakas</td>
<td>Dairyland Studio</td>
<td>$25</td>
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<tr>
<td>Fri 8:00-9:00am</td>
<td>Nicole Lakas</td>
<td>Dairyland Studio</td>
<td>$25</td>
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</tbody>
</table>

### ALL SPIN CLASSES are accessible.

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**Before you head up to class, make sure you grab your group fitness chip at the Membership Desk. Chips are distributed 30 minutes before class and will *not* be given out once the class has been in session for 5 minutes.**

---

 Indicates classes included with your U-Vikes Fit or U-Vikes Climb membership.

*Classes subject to change at any time.* Please refer to reduced Break Schedule for February 13-19.

---

**DYALINDY STUDIO (SPIN STUDIO)**

**CORE AND MORE**

This class is sure to help you forget about your busy week. Need a boost to get you through the rest of the week? This class is sure to do the trick.

**RIDE AND SHINE**

This morning class is sure to wake you up. Follow your coach’s cues to get your heart rate up, and feel the burn. Get your endorphins flowing!

**SPIN 45**

A classic and dynamic 45-minute ride that includes intervals of out of saddle riding, jumps and sprints that will challenge your cardiovascular system. No equipment needed.

<table>
<thead>
<tr>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Mon 5:30-6:15pm</td>
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<td>$25</td>
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<tr>
<td>Wed 5:15-6:00pm</td>
<td>Nicole Lakas</td>
<td>Dairyland Studio</td>
<td>$25</td>
<td></td>
</tr>
<tr>
<td>Thu 5:30-6:15pm</td>
<td>Nicole Lakas</td>
<td>Dairyland Studio</td>
<td>$25</td>
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</tbody>
</table>

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**CORE AND STRETCH**

You get a basic knowledge of our 6-RUN Core and Stretch program, and then we will roll through the exercises and relax with a nice long stretch. Saturday earnings go towards your chip fund.

**CORE 45**

This class is designed with your core in mind. Bodyweight, free weights, stability ball, and more! Let the instructor motivate you to work hard and target your core like never before.

**TGUISSF**

Get straight to the point with a metabolic workout like no other! This intense program features dynamic cardio and strength drills to burn calories and improve cardiovascular fitness. All fitness levels welcome.

**H.I.T. CORE**

Join us for a flowing, low impact, high intensity workout with a focus on HIIT cardio, bodyweight exercises and strength conditioning. This intense level class combines strength training with high intensity cardio burpees designed to tone your body, improve your endurance and push you to the next level.

**R.I.P.P.E.D.**

A total body workout that combines cardiovascular, interval, strength, flexibility and balance. Help to prepare and maintain your physique. This class is challenging and you will burn calories, tone your muscles and your endurance, you will push up the intensity and you won’t want to miss this class. All fitness levels welcome.

**ULTIMATE CARDBURN**

This class will push you to your limits! It’s time to test your limits! This class is designed to get your heart rate up, while targeting your entire body. Help to improve your cardiovascular fitness as you challenge your body and gain strength.

**NAKED WORKOUT**

This class is for those who are looking for a full body workout! All fitness levels welcome.

**TABATA**

A 20 minute, 20 second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times. These intense, high energy workouts will be tailored to and strengths of the entire body. Come learn your workout into high gear!

---

**Includes** 2023-24 Membership for students and members. For more information, please call 250-721-7676. **Indicates classes included with your U-Vikes Fit or U-Vikes Climb membership.**
### READING BREAK GROUP FITNESS SCHEDULE

**WINTER | February 13-19**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td><strong>MORNING</strong></td>
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<tr>
<td>NO CLASSES</td>
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<tr>
<td><strong>AFTERNOON</strong></td>
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<tr>
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<tr>
<td><strong>EVENING</strong></td>
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<tr>
<td>Core 45 Gwynne Studio 6:45-7:45am</td>
<td>Love me Later Dairyland Studio 12:15-1:00pm</td>
<td>Love me Later Dairyland Studio 12:15-1:00pm</td>
<td>Love me Later Dairyland Studio 12:15-1:00pm</td>
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</tr>
</tbody>
</table>

*Indicates classes included with your Vikes Fit or Vikes Climb Membership

*Classes subject to change at any time | **No classes Feb 13 for Family Day

### EXAM GROUP FITNESS SCHEDULE

**WINTER | April 3-28**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MORNING</strong></td>
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<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Power Ride Dairyland Studio 6:45-7:45am</td>
<td>Ride and Shine Dairyland Studio 6:45-7:45am</td>
<td>Ride and Shine Dairyland Studio 6:45-7:45am</td>
<td>Crossfit® Gwynne Studio 9:30-10:15am</td>
<td>FAB Ride Dairyland Studio 6:45-7:45am</td>
<td>Hit the Road Dairyland Studio 6:45-7:45am</td>
<td>Hit the Road Dairyland Studio 6:45-7:45am</td>
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<td><strong>AFTERNOON</strong></td>
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<td>Yoga Ride Dairyland Studio 12:15-1:30pm</td>
<td>Core 45 Gwynne Studio 10:00-11:00am</td>
<td>Core 45 Gwynne Studio 10:00-11:00am</td>
<td>Happy Hour Ride Dairyland Studio 12:15-1:30pm</td>
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<td><strong>EVENING</strong></td>
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*Indicates classes included with your Vikes Fit or Vikes Climb Membership

*Classes subject to change at any time | **No Classes April 14th—17th for Easter Long Weekend
Intramurals

Anyone can play Intramurals - not just for students!

Intramurals provide the opportunity to participate in team and individual activities through a variety of leagues and tournaments. The program is operated by Vikes Recreation student employees whose intent is to provide activity opportunities and enjoyment to their fellow students and the community.

[ Link to Vikes Recreation website: vikesrec.ca/intramurals]

LEAGUE	DATE	DAY/TIME	LOCATION	COST	CODE

BASKETBALL

Individual - Recreational CO-ED	Jan 20-23
  Mon, Wed, Fri, 5:00-11:00pm	CASA Field House Zone 2	$41 / $51	52678

Team - Competitive CO-ED	Jan 20-23
  Mon, Wed, Fri, 5:00-11:00pm	CASA Field House Zone 2	$205 / $255	52676

TOURNAMENTS

Individual - True Seed CO-ED	Mar 16-19
  Mon, Wed, Fri, 5:00-11:00pm	McKinnon Gym	$41 / $51	52675

TEAM REGISTRATION

Register for Intramurals at vikesrec.ca/intramurals for all rules, fair play program and Intramural league requirements.

PARTICIPATION FEES AND REFUNDS

A playing fee is required to register for all Intramural activities and must be paid at the time the registration is made. There are no refunds for any course/program/league unless canceled by Vikes Recreation. Consideration will be given to those providing a medical certificate or academic certificate indicating timetable changes. All refunds are subject to a $5 administration fee. All refund requests must be received within 30 days of date issued. A $25 fee will be charged for NSF cheques. Failure to field a team, show up, failure of opponents to show up; or otherwise dropping out of the league are not acceptable reasons for a refund.

*Locations are subject to change based on number of registered teams in each league.
DANCE

AFRO FUSION
Discover the origins of hip-hop, jazz and yes, twerking. Afro fusion is a blend of modern and traditional African dances with a focus on music and rhythmic movement. This dance style also allows you to explore and incarnate your own personality style resulting in a truly unique experience.

Jan 18-Mar 29 Wed, 7:30-7:55pm 549/565
Eugene Okohuale Gynette Studio 53907

JAZZ

If you have to ask what jazz is, you’ve never heard — Louis Armstrong — Step into the dance studio and show us what the movement of Jazz is to you. Come explore a wide variety of dance styles with provocative, fun & genre choreography.

LEVEL 1
Jan 17-28 Tue, 9:00-10:00pm 549/565
Anh Duong Gynette Studio 52864

LEVEL II
Jan 17-28 Tue, 6:30-7:50pm 549/565
Alex Garrett Mind Body Studio 52865

MTV FLASHBACK
Let’s take it back a decade or two to relive iconic hip-hop hits. In conjunction with the UVic Dance Company, this class builds on the combo, drill, and footwork you’ve already learned, using your foundation to build to the next level. Emphasis on partnered drills.

Jan 17-28 Tue, 7:00-8:00pm 549/565
Cherish Hayashi CARSA Fieldhouse Zone 1A 52923

INTRODUCTION
Jan 17-28 Tue, 6:30-8:00pm 549/565
Cherish Hayashi CARSA Fieldhouse Zone 1A 52923

COAPEIRA
The Bouillon Brazilian combats marial arts, music, aesthetics and dance. You will love the athleticism and time. This class is for participants of all levels. Beginners welcome.

Jan 17-28 Tue, 7:15-8:30pm 549/565
Laura Neesham/ Sarah Precious Mind Body Studio 53003

PAULY CAT DOLLS
Want to dance like the dolls? This class is a mixture of Hip Hop and Sleek Jazz with provocative, fun & genre choreography.

LEVEL 1
Jan 17-28 Tue, 7:00-9:00pm 549/565
Alex Garrett Mind Body Studio 52865

LEVEL II
Jan 17-28 Tue, 6:30-8:30pm 549/565
Laura Neesham/ Sarah Precious Mind Body Studio 53003

DANCE – INCLUSIVE
Come explore a wide variety of dance styles through the guidance of our internationally certified owed movers dance instructor Whether you’ve never danced before or you have years of experience, there is something in this inclusive class for you.

LATE TEENS/ADULTS
Jan 18-29 Wed, 5:30-6:20pm 549/565
Tiffany Tseung Gynette Studio 52863

Jan 22-24 Wed, 10:15-11:00am 549/565
Joel Dallely Gynette Studio 53553

DANCE COMPANY FUSION
In conjunction with the UVic Dance Company, this class will combine elements of contemporary jazz, street jazz, hip hop, house, bootcamp and yoga. Through an intense warm up, across the floor, and fun choreography. This is an upper level class, all participants should have a minimum of two years of dance experience.

Jan 16-27 Mon, 6:15-9:30pm 549/567
Bebay Rennialle Gynette Studio 53506

FUND LOY KAO TAOIST TAI CHI
Calm your mind and cultivate your heart with this 10-move set. Transform yourself by reducing stress and joint pain, improving strength and balance, and finding deep relaxation.

Jan 17-28 Tue, 4:30-5:30pm 549/565
Chen Shenman Mind Body Studio 52974

JIU JITSU
A grappling art originally designed to allow a smaller person to defend against a larger, stronger attacker. Focus on developing an Edinburgh workout in a recreational and highly social setting.

Jan 17-24 Tue, 1:00-2:30pm 549/565
Tanner Emmers Mind Body Studio 52866

KENDO
Using the Japanese sword, develop your awareness, centerlessness, selflessness, endurance, concentration, respect for others, and self-confidence. This class is intermediate to advanced participants.

Jan 17-28 Tue, 7:30-9:30pm 549/565
Kendo Association 52974

KENDO
Using the Japanese sword, develop your awareness, centerlessness, selflessness, endurance, concentration, respect for others, and self-confidence. This class is intermediate to advanced participants.

Jan 17-28 Tue, 7:00-8:00pm 549/565
Cherish Hayashi CARSA Fieldhouse Zone 1A 52923

INTRODUCTION
Jan 17-28 Tue, 6:30-8:00pm 549/565
Cherish Hayashi CARSA Fieldhouse Zone 1A 52923

SHORINJI KU KA RITE KARATE
This karate approach focuses on the integration of the mind, body, and spirit, providing a path to self-discovery and personal growth.

Jan 9-30 Mon, 6:00-8:00pm 549/565
Jon Pereira CARSA Fieldhouse Zone 2 52946

INTRODUCTION
Jan 9-30 Mon, 6:00-8:00pm 549/565
Jon Pereira CARSA Fieldhouse Zone 2 52946

TENNIS LEVEL 2.0-3.5
Players will continue to develop consistency in their groundstrokes, volley and serve. Focus on refining stroke mechanics and increasing comfort in game situations.

Jan 9-29 Wed, 6:30-7:30pm 549/565
Jon Pereira CARSA Fieldhouse Zone 2 52946

LEARN & PLAY
45 minutes of instruction followed by 45 minutes of supervised game play. Players will continue to develop consistency in their groundstrokes, volley and serve. Focus on refining stroke mechanics and increasing comfort in game situations.

Jan 9-29 Wed, 6:30-7:30pm 549/565
Jon Pereira CARSA Fieldhouse Zone 2 52946

SQUASH - BEGINNER
Learn the fundamentals of these sessions. These classes introduce the rules, footwork, backhand drive, service and return, volley and basic strategies. Squash glasses, rackets and balls supplied.

Jan 9-30 Mon, 6:30-7:15pm 570/855
Ian Selton CARSA Squash Courts 52936

SQUASH - INTERMEDIATE
Sharpen your squash skills and dominate with this program designed to improve your drops, drives, court awareness, footwork, strategy and racket equipment supplied if necessary.

Jan 9-30 Mon, 6:30-7:15pm 570/855
Ian Selton CARSA Squash Courts 52936

SQUASH - ADVANCED
Focus on drills that emphasize footwork, develop great training habits and improve your technical awareness and execution. Increase your physical conditioning and refresh your game again.

Jan 9-30 Mon, 6:30-7:15pm 570/855
Ian Selton CARSA Squash Courts 52936

PRIVATE LESSONS
Take private lessons for Tennis and Squash. Visit the CARSA Membership Desk for details.

VISIT WWW.CARSA.CA FOR FULL DESCRIPTIONS

RECREATION CLASSES
Viikes Recreation offers a variety of open recreation activities, fitness programs, swimming lessons and certification courses for children to adults. Our programs cater to the general public as well as university students, alumni, faculty and staff. Pick the latest Aquatics schedule located in the Recreation information displays or visit our online at vikesrec.ca *All Programs at McKinnon Pool

**PRE-SET PRIVATE LESSONS**

A convenient way to have one-to-one instruction. The instructors, times and dates are pre-booked. All you need to do is register. To add a second student call 250-721-8413.

<table>
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<tr>
<th>1 student: $180 (5 classes)</th>
<th>2 students: $155 (5 classes)</th>
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<tbody>
<tr>
<td>All lessons at McKinnon Pool</td>
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**STANDARD FIRST AID**

- The first aid course is a 10-hour course in workplace or for work or personal interest. Course covers a variety of topics from cutaneous and respiratory emergencies and prevention of disease transmission to skills for sudden medical emergencies and rescue to manufactured houses and homes.

**STANDARD FIRST AID RECERTIFICATION**

- Review and renewal of the Standard First Aid certificate, includes CPR, AED and first aid training.

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**EMERGENCY FIRST AID**

- Basic course offering an overview of first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or for home. Course covers skills needed to recognize, prevent and respond to situations among employees, children and others. Other topics include reporting of disease transmission and the prevention of disease transmission.

**CPR C**

- Failed recertification of current CPR certificate. Candidates are required to complete ten of the emergency skills. This workshop is designed to ensure the quality and integrity of the certification. 100% attendance is required.

**CERTIFICATIONS**

- Registration to take part in: (1) register and pay with Viikes Recreation [2] register course specific details and review Medical Statement at www.viukits.ca. Learning to scuba dive requires being physically fit and comfortable in the water. To take a scuba course you must be able to float or tread water for 10 mins and swim a minimum of 200m comfortably, both horizontally and without assistance... it doesn't need to be pretty. Pick up course manuals at 190 McKinnon Pool Equipment (no manual needed for Dry Suit Orientation).

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**OPEN WATER DIVER COURSE**

- Registration to earn the credential to dive to 40/71m. Lifetime certification through PADI, which is recognized worldwide. Prerequisite: PADI Open Water Diver.

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**ADVANCED OPEN WATER DIVER COURSE**

- Continue your enjoyment of diving. The PADI Advanced Designed to move certified divers beyond the basic knowledge...individual diving, underwater navigation and three of the following: - drift, dry suit, search, and rescue (pool or diving), night, photography and more; PADI offers a variety of specialty courses through an internationally recognized training system. Prerequisite: PADI Open Water Diver.

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**DRY SUIT ORIENTATION**

- Not a certification course but is required to use a dry suit. Classes are taught by Rockfish Divers and are open to graduates of a PADI Dry Suit Course. Dives participate in a brief review of common dry suit pitfalls and safety concerns.

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**SCUBA**

- Registration to take part in: (1) register and pay with Viikes Recreation [2] register course specific details and review Medical Statement at www.viukits.ca. Learning to scuba dive requires being physically fit and comfortable in the water. To take a scuba course you must be able to float or tread water for 10 mins and swim a minimum of 200m comfortably, both horizontally and without assistance... it doesn't need to be pretty. Pick up course manuals at 190 McKinnon Pool Equipment (no manual needed for Dry Suit Orientation).

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**RESCUE DIVER COURSE**

- Be prepared for emergencies. Enhance your understanding of dive emergencies through the knowledge session. Master the techniques of the emergency skills (Goldfish, linesman, and the tube skills) to effectively respond to situations in open water. Practice on a serious topic. Lifetime certification through PADI, which is recognized worldwide. Prerequisite: PADI Open Water Diver and First Aid (CPR) course within the last 24 months. 100% attendance is required. Pick up course manuals at 190 McKinnon Pool Equipment (no manual needed for Dry Suit Orientation).
VIKES CAMPS
Vikes rec offers an array of sports and activity camps in a friendly and inclusive environment. Come join us for some sports, fun and adventure!

PRO-D-DAY CAMPS
Pro-D Day camps run from 9:00am to 4:30pm on February 10th and February 24th. Campers will have full usage of CARSA and they'll participate in activities such as climbing, squash, and sports and games in the fieldhouse. We offer camps for 5 to 7 year olds and 8 to 12 year olds. Register today!

SPRING BREAK CAMPS
Join the Vikes for a fun filled week of Sports and Adventure WITH CARSA at our disposal, campers will participate in a wide variety of sports that include climbing, soccer, basketball, and squash among others! With better weather on the way, campers will also head outside to explore and partake in amazing activities.

SPORTS AND ADVENTURE CAMP
Come join the Vikes camp crew on your spring break for a week of sports, adventure and fun! Activities will include sessions on our climbing wall, hiking, scavenger hunts, swimming plus various sports activities such as indoor soccer, basketball, racquet sports etc. Campers will be grouped for activities based on their age.

BIRTHDAY PARTIES
Celebrate your birthday with the Vikes!

PACKAGE 1
Climbing Wall Birthday Parties
(Ages 8+ - up to 16 children)
Available Saturdays from 10:30-12:00pm and Sundays from 1:00-2:30pm
Call 250.721.7282 for booking and more information

PACKAGE 2
Field House Birthday Parties
(Ages 5+ - up to 16 children) Different sport themes on request!
Available on Sundays from 3:00-4:00pm.
Party room also available for booking. Call 250-853-3500 to book your party or for more information.

JUST FOR KICKS
A program for children of all abilities to participate in soccer, learn fundamental movement skills and make new friends. This program runs on Sundays in the McKinnon 1/3 gymnasium from 1:30-2:30pm. Children of all ages are welcome to join in this volunteer led program. For more information about Just for Kicks, call 250-853-3500.

ELDER ACADEMY
Physical activity courses for the young at heart! These fitness classes are meant for people 55 and over and are led by an experienced instructor. It’s time to get up and get moving! Register today.

SPORTS AND ADVENTURE CAMP
Vikes Athletics & Recreation and the UVRA are proud to partner in offering the Elder Academy, a series of workshops and courses for participants aged 55+ Programs are offered at the CARSA building on campus.

SS+ STRENGTH, STRETCH & STAMINA
Vikes Athletics & Recreation and the UVRA are proud to partner in offering the Elder Academy, a series of workshops and courses for participants aged 55+ Program aged at the CARSA building on campus.

55+ CIRCUIT TRAINING
Vikes Athletics & Recreation and the UVRA are proud to partner in offering the Elder Academy, a series of workshops and courses for participants aged 55+ Programs are offered at the CARSA building on campus.

GAS, INSURANCE AND PHOTOS OPS INCLUDED.
JOIN FOR JUST $20 AT ZIPCAR.COM/UVIC

COME SWIM WITH US!
PACIFIC COAST SWIMMING

Pacific Coast Swimming is an athlete focused, professionally led and parent supported swim club, committed to having swimmers at all levels achieve their full athletic potential. PCS swimmers range in experience from our youngest beginners to high performance international athletes.
(250) 727-9243

We are proudly affiliated with the University of Victoria Vikes Swim Program through the University of Victoria, Pacific Coast Swimming Association.
www.pacificcoastswimming.com
U-Sports
Women's Basketball Nationals
March 9-12 | Victoria, BC

More info: shootscore.ca