

Camosun Recreation

Winter 2010 Activity Guide

Yoga

Pilates

Boot Camp

Kung Fu

Weights

Hip Hop

And Lots More!!



**CAMOSUN
RECREATION**

Lansdowne Campus - Commit To Fit

Absolutely Abs

Need to work on your core but lack motivation? This 30 minute class is for you! Focus on strengthening core muscles, toning abs and improving posture. Classes will be a mixture of mat work, and exercise balls.

Instructor: Justina Bailey

Date: Mon & Wed, Jan 18-Mar 24

Time: 1:30-2pm

Cost: Camosun Student: 20/\$43
Non Student: 20/\$50

Afternoon Hatha Yoga

Yoga enhances every facet of physical fitness including a mind/body energy exchange, which supports mental clarity and concentration. The strength improves posture/alignment to support our daily activities. The flexibility helps to prevent injuries and keeps us supple and youthful. The breathing practices are the foundation, and the link between the mind and the body, providing a valuable tool for releasing tension and reducing stress. The practice of yoga teaches us how to quiet the mind by placing our attention on the breath, and the movement of the body, which relieves the constantly stimulated state in which we live. This practice is suitable for beginning and returning students.

Instructor: Tersia Fagan

Date: Thurs, Jan 21-Mar 25 (No class Feb 18)

Time: 4:40-6pm

Cost: Camosun Student: 9/\$58
Non Student: 9/\$67.50

Ashtanga Yoga

A vigorous and dynamic yoga practice consisting of a series of linked postures derived from traditional teachings of Ashtanga yoga. Build strength and stamina in this challenging yoga practice, suitable for all levels.

Instructor: Franca Burd

Date: Mon, Jan 18-Mar 22

Time: 4:35 -5:25pm

Cost: Camosun Student: 10/\$43.50
Non Student: 10/\$50

Belly Groove

Get a great workout while enjoying upbeat music in this beginner belly dance workout. Isolated torso exercises develop your stomach, arms & upper back muscles. Hip techniques give your legs, glutes & calves an excellent workout. Wear comfortable clothing and bare feet, and if you already have ... a hip wrap or coin scarf. Be ready to sweat and have a ton of fun, while learning to love your feminine body!

Instructor: Julia Cannings

Date: Mon, Jan 18-Mar 22

Time: 5:30-6:20pm

Cost: Camosun Student: 10/\$42.50
Non Student: 10/\$49.50

Boot Camp

Have you always wanted to join a boot camp but been intimidated? This boot camp is designed for all fitness levels and age groups. Our experienced instructors will put you through a challenging but fun workout that will help you meet your fitness goals.

Instructor: Cheryl Gregory (no class Feb 19)

Date: Tue & Thurs, Jan 19-Mar 25

Time: 7-8am

Cost: Camosun Student: 19/\$76
Non Student: 19/\$85.50

Instructors: Linda Kayal (no class Feb 19)

Date: Mon & Wed & Fri, Jan 18-Mar 26

Time: 7-8am

Cost: Camosun Student: 29/\$159.50
Non Student: 29/\$180

Instructor: Cheryl Gregoray (No class Feb 19)

Date: Tue & Thurs, Jan 19-Mar 25

Time: 4:45-6pm

Cost: Camosun Student: 19/\$104.50
Non Student: 19/\$118

Circuit Class

This twice a week circuit class offers a comprehensive full body workout in an enjoyable and motivational atmosphere. By the end of these sessions participants will not only be in better shape, but will have learned the fundamental concepts of strength training and overall fitness which will help them understand how to train more effectively in the future.

Instructor: TBA

Date: Mon & Wed, Jan 18-Mar 24

Time: 4:30-5pm

Cost: Camosun Student: 20/\$43
Non Student: 20/\$50

Contemporary Dance

Contemporary dance melds the invigorating physical training of other dance disciplines with exercises that encourage you to discover your personal movement language. In this class you will strengthen and stretch your whole body as well as nurture your creative self by exploring your body's capabilities. Please wear clothing that allows you to move freely.

Instructor: Jessamyn Polson

Date: Wed, Jan 20-Mar 24

Time: 11:30am-12:20pm

Cost: Camosun Student: 10/\$42.50
Non Student: 10/\$49.50

Instructor: Jessamyn Polson

Dates: Tues, Jan 19-Mar 23

Times: 6:05-7:20pm

Costs: Camosun Student: 10/\$53.50
Non Student: 10/ \$62

Lansdowne Campus - Commit To Fit

Early Morning Circuit Class

Jump start your morning with a 45-minute total body workout. This circuit class will include use of machines, free weights and stability balls. Each class will include a warm up and cool down. All fitness levels welcome. This class has a registration maximum of 8 people.

Instructor: Cheryl Gregory

Dates: Mon & Wed, Jan 18-Mar 24

Time: 7:10-7:55pm

Cost: Camosun Student: 20/\$58
Non Student: 20/\$69

F.A.S.T. (Flexibility, Abdominal Conditioning, Sculpting & Toning)

Fast is good...especially when you're busy at school or work! This class focuses on flexibility, abdominal conditioning and sculpting & toning. Our F.A.S.T. class workout is a great way to fit fitness into your day. Spend your lunch break on someone important...YOU!

Instructor: Kelly Potter

Date: Mon & Thurs, Jan 18-Mar 25
(No class Feb 18)

Time: 11:45-12:20pm

Cost: Camosun Student: 19/\$80.50
Non Student: 19/\$93

Shakti Yoga

Shakti is the Goddess of the active, dynamic principles of feminine power. Specifically, she is an agent of change who implies power, ability, vitality, strength, and energy. Join us for a warm and powerful hatha practice designed to access your feminine power, change your mind and your body, and help you realize your abilities. Tune in to your creative feminine energy and actuate your potential.

Instructor: Tersia Fagan

Date: Tues, Jan 19-Mar 23

Time: 11:30am-12:20pm

Cost: Camosun Student: 10/\$42.50
Non Student: 10/\$49.50

Hip Hop Dance

This hip hop class is for those who would like to improve coordination and strength with a dance heavily rooted in strong rhythm and powerful movement. Learn moves influenced by old school hip hop as well as contemporary urban dance.

Instructor: Julia Cannings

Date: Wed, Jan 20- Mar 24

Time: 4:30-5:20pm

Cost: Camosun Student: 10/\$42.50
Non Student: 10/\$49.50

Hung Fut Kung Fu

Hung Fut Kung Fu is a combination of the powerful, hard style of Hung Gar with the flowing soft style of Fut Gar. The hard and the soft Hung Fut system is a unique style, which incorporates learning ten basic foot stances.

The stances are what give Hung Fut Kung Fu its powerful explosive yet flowing precise movements. Hand techniques are added to the foot movements. These combined hand and foot techniques teach defense and attack from close, medium and long range, as well as, from the ground, midstance and high stance. Once the basics have been practiced students move on to kung fu form. Kung fu combines series of hand and foot techniques to create forms as notes and chords are combined to form melody. Each class begins with chi starter warm up exercises and sensory meditation.

Instructor: Sifu Douglas Panton

Date: Tue, Jan 19-Mar 23

Time: 7:30-9pm

Cost: Camosun Student: 10/\$64
Non Student: 20/\$74.50

Iyengar Yoga

Explore balance, strength, flexibility and stamina with Iyengar Yoga. Learn a variety of yoga postures and take your personal path towards health, vitality, concentration and relaxation through the integration of body, mind and spirit.

Instructor: Britta Poisson

Date: Tues, Jan 19-Mar 23

Time: 4:35-6pm

Cost: Camosun Student: 10/\$64
Non Student: 10/\$74.50

Jazz/Funk

This high-energy style of dance combines a technique-based jazz with hip-hop, and is a great introduction to dance for beginners or a good way for experienced hip-hop dancers and jazz dancers to explore a different style. Experienced or not, bring a friend and come enjoy a fun and funky strength and cardio workout!

Instructor: Laura Christensen

Date: Thurs, Jan 21-Mar 25 (No class Feb 18)

Time: 6:30-7:20pm

Cost: Camosun Student: 9/\$38.50
Non Student: 9/\$44.50

Latin Fitness Fusion (Zumba Fitness)

Come try this new class with fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away..

Instructor: Kumi Smith

Dates: Fri, Jan 22-Mar 26 (No class, Feb 19)

Times: 12:30-1:20pm

Cost: Camosun Student: 9/\$38.50
Non Student: 9/\$45

“Anything the mind can conceive,
the body can achieve”

Lansdowne Campus - Commit To Fit

Learn to Run - Yes You Can!

This learn to run clinic will combine running and walking at intervals that are comfortable for all participants. Gradual progressions will insure each run is enjoyable and rewarding and guided warm up and cool down routines will help participants avoid discomfort and injury. If you have wanted to try running but haven't been able to get started or stay with a program, this 8-week clinic will give you a new opportunity to stay healthy and enjoy the outdoors through running.

Instructor: Winona Pugh

Date: Tues, Jan 19-Mar 23

Time: 12:00-12:30pm

Cost: Camosun Student: 10/\$25
Non Student: 10/\$27.50

Pilates

Pilates principles of core strengthening and stretching are used in this class to help students and employees reverse the negative effects of standing or sitting for long periods of time.

Instructor: Justina Bailey

Date: Mon, Jan 18-Mar 22

Time: 12:30-1:20pm

Cost: Camosun Student: 10/\$42.50
Non Student: 10/\$49.50

Pilates/Yoga Fusion

This class is based on Pilates and Yoga principles designed to stretch and sculpt your body shape without adding bulk. The series of movements will change how your body looks and give you a new physical poise and greater mental strength. All levels of fitness and a sense of humor are welcome.

Instructor: Justina Bailey

Date: Wed, Jan 20-Mar 24

Time: 12:30-1:20pm

Cost: Camosun Student: 10/\$42.50
Non Student: 10/\$49.50

Shakti Yoga

Shakti is the Goddess of the active, dynamic principles of feminine power. Specifically, she is an agent of change who implies power, ability, vitality, strength, and energy. Join us for a warm and powerful hatha practice designed to access your feminine power, change your mind and your body, and help you realize your abilities. Tune in to your creative feminine energy and actuate your potential.

Instructor: Tersia Fagan

Date: Tues, Jan 19-Mar 23

Time: 11:30am-12:20pm

Cost: Camosun Student: 10/\$42.50
Non Student: 10/\$49.50

Vinyasa Flow

Vinyasa means 'breath-synchronized movement'. The instructor will guide participants through a carefully arranged sequence of asanas (yoga poses) while making sure breath is monitored throughout (i.e. move on inhale or exhale and holding poses for around a count of 5 breaths). The result is a smooth, flowing class of continuous held postures and movement towards the next while focusing on the quality of breath in each movement.

Instructor: Annette Marie Lodziak

Dates: Thurs, Jan 21-Mar 25 (No class Feb 18)

Time: 12:30-1:20pm

Cost: Camosun Student: 9/\$39
Non Student: 9/\$45

Yin/Yang Flow

Yin yoga uses long, passive holds to work on the deep, dense connective tissues of the body--the tendons, ligaments and cartilage--which are difficult to energize and open. Long-held passive pose practiced while the muscles are not yet warm allows the energy to reach the deeper connective tissues of the joints and the corresponding pathways of the meridian system. This practice stimulates and tones the joints' deep connective tissues, increasing the supply of fluids to them, making them less dense and enabling them to stretch appropriately. As a result, we become more flexible, our joints become "juicier," and energy blocks along the meridians are removed, enabling the organs to function better. With the release of and opening by passive yin postures, we move into some flowing Yang postures moving the Prana through the body, invigorating and energizing the entire body. Wear comfortable warm stretchy clothing.

Instructor: Annette Marie Lodziak

Dates: Wed, Jan 20-Mar 24

Time: 5:30-6:20pm

Cost: Camosun Student: 10/\$43
Non Student: 10/\$50

Yoga-Fit for Camosun Employees

A yoga class designed specifically for Camosun staff members in response to the demands experienced in the work environment. These sessions will vary each week, and will draw from the many different practices that yoga offers. Sessions will include regular Hatha yoga, stress-reduction yoga, restorative yoga, chair yoga, and breathing. The aim of these sessions is to release the tension so often experienced in the upper body and to quiet an over stimulated mind. Staff are required to sign up for the sessions, but are not obligated to attend each week. Those who sign up will be notified on the style or type of practice offered each week.

Instructor: Tersia Fagan

Dates: Tues, Jan 19-Mar 23

Time: 12:30-1:20pm

Cost: Free for CUPE members other staff \$5 drop- in class

Lansdowne Campus - Winter 2010 Activity Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am - 8:00am	Boot Camp 7-8am ----- Early Morning Circuit Class 7:10am - 7:55am	Boot Camp 7-8am	Boot Camp 7-8am ----- Early Morning Circuit Class 7:10am - 7:55am	Boot Camp 7-8am	Boot Camp 7-8am
11:30 - 12:20pm	FAST 11:45am - 12:20pm	Shakti Yoga 11:30am - 12:20pm	Contemporary Dance 11:30am-12:20pm	FAST 11:45am-12:20pm	
12:30pm - 1:20pm	Pilates 12:30pm - 1:20pm	Learn to Run 12:00pm - 12:30pm ----- Yoga for Employees 12:30-1:20pm	Pilates/Yoga Fusion 12:30pm - 1:20pm	Vinyasa Flow 12:30pm - 1:20pm	Latin Fitness Fusion (Zumba Fitness) 12:30-1:20pm
1:30pm - 2:20pm	Absolutely Abs 1:30pm - 2:00pm		Absolutely Abs 1:30pm - 2:00pm		*Nia Fusion Fitness 1:30-2:20pm
2:30pm - 3:20pm					
4:30pm - 5:00pm	Circuit Class 4:30—5:00pm		Circuit Class 4:30—5:00pm		
4:30pm - 5:20pm	Ashtanga Yoga 4:35pm - 5:25pm	Iyengar Yoga 4:35pm - 6:00pm	Hip Hop 4:30pm - 5:20pm	Hatha Yoga 4:40pm - 6:00pm	
5:30pm - 6:20pm	Belly Groove 5:30pm - 6:20pm	Boot Camp 4:45pm - 6:00pm	Yin/Yang Yoga 5:30pm - 6:20pm	Boot Camp 4:45pm - 6:00pm	
6:30pm - 7:20pm	Drop-in Ball Hockey 7:00pm - 9:00pm	Contemporary Dance 6:05-7:20pm	Drop-in Ball Hockey 7:00pm - 9:00pm	Jazz/Funk Dance 6:30-7:20pm	
7:00pm - 9:00pm		Hung Fut Kung Fu 7:30pm - 9:00pm			

- **Nia Fusion Fitness** late addition—see write up under Interurban Activity Timetable

DROP-IN SPORTS/SPORTS CLUBS

Evening Drop-in Ball Hockey

Dates: Mon & Wed, Jan 18—Mar 24

Time: Mon & Wed 7-9pm,

Location: Lansdowne Campus, Young 112

Cost: Free with valid Camosun Student Card

Sports Clubs (Current clubs—Cycling & Jiu Jitsu)

Steps to starting a Sports Club:

1. Pick an activity/sport you enjoy.
2. Come by your campus Recreation office and pick up a Sports Club Guide
3. Complete and submit all required forms from the Sports Club

Interurban Campus - Commit To Fit

Absolutely Abs

Need to work on your core but lack motivation? This 30 minutes class is for you! Focus on strengthening core muscles, toning abs and improving posture. Classes will be a mixture of mat work, and exercise balls.

Instructor: Justina Bailey

Date: Fri, Jan 22-Mar 26 (No class Feb 19)

Time: 12-12:25pm

Cost: Camosun Student: 9/\$20
Non Student: 9/\$23.50

Afternoon Boot Camp

Don't be intimidated by the name! This boot camp is designed for all fitness levels and age groups— no one will be left behind. Combining cardio, strength exercises and a wide variety of equipment this boot camp will have you feeling rejuvenated and reaching your fitness goals. If you like outdoor activities, dislike the gym, or just want something different, this class is for you. Class will be held indoors and outdoors, so come prepared, and ready to get fit! Participants allowed to join morning boot camp class if unable to attend a afternoon session.

Instructor: Laura Mannerfeldt

Date: Tues & Thurs, Jan 19-Mar 25

Time: 4:30-5:30pm

Cost: Camosun Students: 20/\$80
Non Students: 20/\$90

Belly Dancing

Come join this fun, exciting class, it's a great way to get in shape while tuning into your body! This beginner's class will focus on body conditioning and technique, great for core strength, flexibility and balance. All sizes, shapes and abilities welcome. Comfortable clothing recommended.

Instructor: Laura Filipovic

Date: Tues, Jan 19-Mar 23

Time: 6:30-7:30pm

Cost: Camosun Students: 10/\$42.50
Non Students: 10/\$49.50

F.A.S.T.

(Flexibility, Abdominal Conditioning, Sculpting & Toning)

Fast is good...especially when you're busy at school or work! This class focuses on flexibility, abdominal conditioning and sculpting & toning. Our F.A.S.T. class workout is a great way to fit fitness into your day. Spend your lunch break on someone important...YOU!

Instructor: Kelly Potter & Laura Mannerfeldt

Date: Mon, Wed, Fri, Jan 18-Mar 26 (no class Feb 19)

Time: 12:30-1:15pm

Cost: Camosun Student: 29/ \$11
Non Student: 29/\$130.50

Hip Hop

Come try this high energy dance form that draws from jazz, funk and street dance.

Instructor: Kumi Smith

Date: Tues, Jan 19-Mar 23

Time: 12:30-1:20pm

Cost: Camosun Student: 10/ \$42.50
Non Student: 10/\$49.50

Morning Circuit Class

Jump start your morning with a 45-minute total body workout. This circuit class will include use of machines, free weights and stability balls. Each class will include a warm up and cool down.

All fitness levels welcome. This class has a registration maximum of 8 people.

Instructor: TBA

Dates: Mon & Wed, Jan 18-Mar 24

Time: 6:45-7:30am

Cost: Camosun Student: 20/\$58
Non Student: 20/\$69

Strength & Cardio

Need to change up your routine? Revitalize your week with a great total body workout. This fun class includes a mixture of cardio and strength intervals which will use a variety of equipment such as tubing, free weights and body bars. All levels of fitness are encouraged to participate.

Instructor: Kelly Potter

Date: Wed, Jan 20-Mar 24

Time: 11:30am-12:15pm

Cost: Camosun Student: 10/\$42.50
Non Student: 10/\$49.50

Whole Body Boot Camp

Whole Body Boot Camp combines cardiovascular and body weight strength exercises into a one hour class perfect for any level of fitness. Whether you are an athlete looking to improve conditioning or you are just looking to tone up and feel good, Whole Body Boot Camp can help you reach your goals. Participants allowed to join afternoon boot camp class if unable to attend a morning session.

Instructor: Jason Gray

Date: Tues & Thurs, Jan 19-Mar 25

Time: 7-8am

Cost: Camosun Students: 20/\$80
Non Students: 20/\$90

Yoga Fusion

Yoga fusion a challenging class that combines movements from both pilates and yoga to build core strength and develop strong, flexible muscles. Focuses on breath awareness and body alignment.

Instructor: Laura Nipp

Date: Thurs, Jan 21-Mar 25

Time: 12-12:50pm

Cost: Camosun Students: 10/\$42.50
Non Students: 10/\$49.50

Interurban Campus - Winter 2010 Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Early Morning Circuit Classes 6:45-7:30am	Whole Boot Camp 7-8am	Early Morning Circuit Classes 6:45-7:30am	Whole Boot Camp 7-8am	
		Cardio Strength 11:30am – 12:15pm		ABS 12-12:25pm
FAST 12:30-1:15pm	Hip Hop 12:30-1:20pm	FAST 12:30-1:15pm	Yoga Fusion 12-12:50pm	FAST 12:30 – 1:15pm
	Boot Camp 4:30-5:30pm		Boot Camp 4:30-5:30pm	
	Belly Dancing 6:30-7:30pm			

***Nia Fusion Fitness**

Nia is a fusion fitness class for all ages, all levels and is a mind, body, spirit and emotion class. It combines aspects of three martial arts, three healing arts and three dance arts.

Dates: Fridays, Jan 22-Mar 26 (**Lansdowne Campus**)

Time: 1:30-2:20pm

Cost: Camosun Student 9/\$38.50 Non Student: 9/\$45



Registration Information & General Inquiries
(250)-370-3602

To register drop by either Campus Rec office

Interurban Campus
Campus Centre 116
Alan Poole
(250) 370-4413

Lansdowne Campus
Young Bldg 116
Meghan Lambeth
(250) 370-3602

FITNESS CENTRE HOURS

Lansdowne Campus

Jan 4 - Apr 9
Mon - Thurs: 7am - 7pm
Fri: 7am-5pm

Interurban Campus

Jan 4 - Apr 23
Mon - Thurs: 10:30am-5:30pm
Fri: 10:30am-5pm

FITNESS CENTRE PROGRAMS & SERVICES

Fitness Centre Orientation

These 30-minute orientations are designed to familiarize you with our fitness and strength training facilities at either Lansdowne or Interurban campus. Our qualified staff will walk you safely through the centre. Please call or drop by our office to book your appointment.

Fee: Free (appointment required)

Personal Training

Our certified trainers will provide you with a personalized strength/fitness training program. These training session(s) include: consultation; program design; instructional sessions; and feedback. Register at your campus Recreation and Athletics office and an instructor will contact you to arrange for an appointment.

Fee: Free for Camosun students and CUPE staff members (appointment required)

TOWEL SERVICE

Towels rentals are available at both campus fitness centres. Rental rates are one month \$4, three months \$10.

EQUIPMENT SIGN OUT

Basketballs, Volleyball kits, Frisbees, Soccer balls, Chess kitswe have them all! Drop by the Recreation office to borrow your choice...FOR FREE! Need valid Camosun ID.

SPECIAL EVENTS

Fun Fitness Centre Contests

Throughout the year both fitness centres will be running fun contests for any interested Camosun student or staff member. Great prizes and bragging rights are included!

REGISTRATION INFORMATION

How to Register: All program registrations will be accepted during normal office hours between 9am and 4pm, Monday to Friday at each campus Recreation office.

Accepted Payments: Cash, check, debit or credit card.

Registration, Cancellation & Refunds: Registration is on a first come, first serve basis. Prices include GST. Camosun Recreation reserves the right to cancel classes due to insufficient enrollment. If classes are cancelled, participants will be notified as soon as possible and full refunds will be issued.

Other refunds only provided in case of medical note, and relocation/moving out of the area.