

FITNESS PROGRAMS, WORKSHOPS AND ORIENTATIONS

Fitness Programs

12-15 YEARS – TEEN STRENGTH TRAINING

Learn how to create and implement a strength training plan that is right for you. Once you take this session, you can use the cardio and strength training machines on your own – any time you want.

Dates	Day	Time	Instructor	Member	Non-Member
Jan 19, Feb 16, Mar 15, Apr 19, May 17, Jun 14	Thursday	6:00-8:00 pm		Included	N/A

FITNESS – BOSU 101

Have you ever wondered how you use that 'blue half ball' in your workout or how to get comfortable using it in a group fitness class. This workshop will break down the basics and show you just how to get comfortable with the 'BOSU'. You will gain enough confidence to use it on the floor as well as being able to jump into any of the group fitness classes that use it on a regular basis. Please register in advance to avoid disappointment.

Dates	Day	Time	Instructor	Member	Non-Member
Jan 7	Saturday	12:00-1:00 pm	Jenna Kurylo	Included	1/\$10

FITNESS – FREEWHEEL 101

Are you intimidated by the look of the indoor cycling classes or perhaps afraid to try out a class? This workshop will show you that 'freewheeling' classes are for everyone. We will show you how to properly set up your bike, rules of the road, bike safety, and what to expect in the group classes. This workshop will help you achieve success as a participant and help you discover the fun in group cycling. Please register in advance to avoid disappointment.

Dates	Day	Time	Instructor	Member	Non-Member
Jan 7	Saturday	10:00-11:00 am	Jenna Kurylo	Included	1/\$10

FITNESS – INTRODUCTION TO STEP

Have you ever wanted to try a step class but have never gone because you think it's just too complicated? We will break down the complicated choreography and show you the very basics so that you can attend a class feeling confident and have the ability to recognize some of the familiar steps. We will show you how to keep moving in a class – even if the choreography is complicated, so that you can still get a great workout in a fun, energizing environment of step classes. Please register in advance to avoid disappointment.

Dates	Day	Time	Instructor	Member	Non-Member
Jan 7	Saturday	1:00-2:00 pm	Jenna Kurylo	Included	1/\$10

FITNESS – TOTAL BODY RENEWAL

Have an experienced personal trainer create a fitness program for you, educate you and motivate you for 8 weeks with a small group of like minded people.

Dates	Day	Time	Instructor	Member	Non-Member
Jan 3-Feb 23 Feb 28-Apr 19 Apr 24-Jun 14	Tuesday, Thursday	10:00-10:55 am or 11:00-11:55 am or 7:30-8:25 pm	Joel Swets	Included	N/A

REGISTRATION

DEC 5 FOR JAN 3-FEB 26, JAN 30 FOR FEB 27-APR 22, MAR 26 FOR APR 23-JUNE 17

**Classes will be cancelled 48 hours prior to start date if insufficient registration is received.
Don't delay — register today!**

No classes on statutory holidays

www.victoriay.com

Charitable Registration No. 10822-5566-RR0001

Downtown Y
 851 Broughton Street, Victoria BC V8W 1E5
 Phone: 250.386.7511 Fax: 250.380.1933

**SENIORS –
HEALTHY
HEARTBEAT**

Endorsed by the Victoria Medical Society and the First Open Heart Society. Healthy Heartbeat will help maintain your cardiac rehabilitation post-cardiac incident. We welcome other seniors to join this supportive and beneficial exercise class.

Dates	Day	Time	Instructor	Member	Non-Member
Jan 4-Feb 24	Monday,		Donna Porter		23/\$69
Feb 27-Apr 20	Wednesday,	11:00-11:55 am	Litzia Eccleston	Included	22/\$66
Apr 23-Jun 15	Friday		Sandra Johnson		24/\$72

**SENIORS –
FUNCTIONAL
STRENGTH**

A senior strength program designed to encourage functional strength development and independent living. Intended for seniors 75+ or those with a disability.

Dates	Day	Time	Instructor	Member	Non-Member
Jan 3-Feb 23	Tuesday,		Jeanne Kohn,		
Feb 28-Apr 19	Thursday	1:30-2:30 pm	Cathy Holt,	16/\$70	16/\$125
Apr 24-Jun 14			Linda Ross		

**TAKE HEART
CARDIAC
REHABILITATION**

The Take Heart Program is a Vancouver Island community-based cardiac exercise program developed in partnership with the inter-municipal recreation centres, the YMCA-YWCA of Greater Victoria, and VIHA. Start any time! Please call 250-418-1843 for more information.

Day	Time	Instructor	Member	Non-Member
Tuesday, Thursday	10:00-11:30 am	Marjorie Yanda	24/\$359	24/\$359

**FITNESS PROGRAMS, WORKSHOPS
AND ORIENTATIONS**
Workshops
**WORKSHOP –
TRIATHLON:
TRY A TRI**

Are you thinking of trying a triathlon? Join coaches from TriStars Training as they take you through the training commitments required to complete a triathlon. Learn how to train smart and safely and reach your goals.

Dates	Day	Time	Member	Non-Member
Jan 6	Friday	5:30-7:00 pm	Included	1/\$0

**WORKSHOP –
COMMON INJURIES
AND SELF CARE**

Come to this workshop to understand common injuries, how they happen, how they may be treated and how you might be able to prevent them in the first place.

Dates	Day	Time	Instructor	Member	Non-Member
Jan 10	Tuesday	7:00-8:00 pm	Alex Forsythe	Included	1/\$10

**WORKSHOP –
INJURY PREVENTION
FOR RUNNERS**

Do you run? Come and learn the 7 strategies that reduce the risk of all major running injuries.

Dates	Day	Time	Instructor	Member	Non-Member
Jan 21	Saturday	1:00-2:30 pm	Astrid Whiting	Included	1/\$10

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**WORKSHOP –
WHOLE BODY
TRAINING WITH
INTENSITY**

You control weight and cardiovascular training results by your thoughts and training intensity. Learn to improve your efficiency, decrease workout time and take longer rest periods.

Dates	Day	Time	Instructor	Member	Non-Member
Jan 24	Tuesday	7:00-8:30 pm	Blaise Eagleheart	Included	1/\$10

**WORKSHOP –
POWER POSTURE**

Posture is the foundation for safe and effective movement and if not cared for it can make you more prone to pain, injury and being less active. Join Dr. Copeland and learn how posture affects your health and how to maintain a healthy back. Come ready to do some movement.

Dates	Day	Time	Instructor	Member	Non-Member
Feb 13	Monday	7:00-8:00 pm	Dr. Cale Copeland	Included	1/\$10

**WORKSHOP –
TOTALLY TUBULAR**

Come learn safe and effective exercises for every muscle group in your body using only exercise tubing in this fun, fast paced workshop.

Dates	Day	Time	Instructor	Member	Non-Member
Feb 25	Saturday	1:00-3:00 pm	Astrid Whiting	Included	1/\$10

**WORKSHOP –
TRADITIONAL
CHINESE MEDICINE
AND WEIGHT LOSS**

Chinese Medicine uses principles of balance to correct minor imbalances in our bodies. Come learn how you can begin to understand and notice when your body is getting out of balance. Learn strategies to overcome excess weight, unwanted body shape and more importantly feel more vibrant by minor changes that can last a life time.

Dates	Day	Time	Instructor	Member	Non-Member
Mar 13	Tuesday	7:00-8:00 pm	Claire Lipke	Included	1/\$10

**WORKSHOP –
SELF TALK**

Self-talk determines the flow and strength of the body's energy field. Self-talk before, during, and after your workouts can weaken or strengthen your performance.

Dates	Day	Time	Instructor	Member	Non-Member
Mar 27	Tuesday	7:00-8:30 pm	Blaise Eagleheart	Included	1/\$10

**WORKSHOP –
INTERVAL TRAINING
AND WEIGHT LOSS**

This interactive workshop will allow you to get some ideas of how and why interval training is the best option for weight loss. You will work hard and design your own interval training program. Fun for everyone!

Dates	Day	Time	Instructor	Member	Non-Member
Apr 17	Tuesday	7:30-8:30 pm	Claire Lipke	Included	1/\$10

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**WORKSHOP –
FUNCTIONAL
MOVEMENT
SCREENING**

Learn 7 functional tests that can determine weak links within the body's movement patterns. Following that, exercises and stretches will be discussed which have the ability to restore proper functional movement.

Dates	Day	Time	Instructor	Member	Non-Member
May 1	Tuesday	7:00-8:30 pm	Deane Studer	Included	1/\$10

**WORKSHOP –
WEIGHT TRAINING
WITH A FOCUS**

Are you using proper form and technique, along with the right focus when you are exercising. Come and find out if the exercises you are doing are giving you the results you are looking for.

Dates	Day	Time	Instructor	Member	Non-Member
May 29	Tuesday	7:00-8:30 pm	Blaise Eagleheart	Included	1/\$10

**FITNESS PROGRAMS, WORKSHOPS
AND ORIENTATIONS**

Orientations

**ORIENTATIONS
FOR MEMBERS**

Member-included individual orientations to our fitness equipment are available upon request. You will receive a personalized basic training exercise program which may include cardio, strength and stretching areas as per your needs. A clear 'Physical Activity Readiness Questionnaire' is needed prior to developing the exercise program. Please inquire at the Membership Services desk at any time to book an appointment. Available for members ages 12 years and up.

	Member	Non-Member
	Included	N/A

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