

GENERAL POPULATION FALL 2018

TIME	MON	TUES	WED	THURS
6:45 am		✳ CORE OPERATE HS 45mins Alina M\$85 NM\$100		✳ CORE OPERATE HS 45mins Alina M\$85 NM\$100
12:00 pm	YOGA FOR POWER & GRACE HS 60 mins Garda M\$60 NM\$72			
1:15 pm	TOTAL BARRE PILATES HS 60 mins Natasha M\$60 NM\$72			
5:00 pm	✳ EXCEL MPR 60 mins Caitlin/Jordan M\$170 NM\$205	✳ EXCEL MPR 60 mins Caitlin/Jordan M\$170 NM\$205		✳ EXCEL MPR 60 mins Caitlin/Jordan M\$170 NM\$205
5:15 pm				PILATES FLOW HS 60 mins Shasta M\$70 NM\$85
5:30 pm			VINYASA FLOW YOGA HS 60 mins Garda M\$70 NM\$85	
6:15 pm		TOTAL BARRE PILATES HS 60 mins Natasha M\$70 NM\$85		
7:00 pm	TRIM & TONE PILATES HS 60 mins Shasta M\$60 NM\$72		✳ HIP HOP HS 60 mins Maddie M\$70 NM\$80	

SESSION I:
Sept. 10 - Oct. 25

✳ **FULL SESSION:**
Begins the week of Sept. 10th;
programs end at various times

REGISTRATION OPENS AUG 20

PRICES: +HST
 M - MEMBER
 NM - NON MEMBER

Register in person (1st floor CURRIE CENTER),
 by phone (453.4579) or online at recreation.unbf.ca

Note: Instructors are subject to change without notice.

QUESTIONS:
 Contact Lauren Rogers at Irogers@unb.ca

LOCATIONS:
 HS: Hatheway Family
 Fitness Studio
 (2nd Floor CURRIE CENTER)

MPR: Multi-Purpose Room
 (2nd Floor CURRIE CENTER)



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 and Twitter: @UREC_UNB

CORE-Operate

A progressive fitness program designed for those who wish to improve function, strength and tone of their core muscles. The CORE-Operate program will educate you on how to properly engage and train your core stabilizing muscles. The program is suitable for those with chronic low back pain, repetitive sprain/strain injuries to the low back, or for those who wish to have a healthier, stronger core.

EXCEL

EXCEL is a program that consists of aerobic (walking based) exercise, strength exercises and flexibility all conducted within a safe and motivating environment. The strength exercises will focus on improved functional strength and mobility with the use of callisthenic (body weight) and external load exercises, such as barbells and exercise bands. The program is designed for adults that are beginning to be more active or adults who are already physically active.

Hip Hop

This fun, high-energy dance class will focus on basic hip-hop technique. Various styles of hip-hop will be explored through across –the-floor drills and short choreography combinations. No experience is required!

Pilates Flow

Control, power and precision describe this class! You will experience creative, challenging and fluid transitions from one exercise to the next while your muscles are constantly challenged. Get ready to feel every inch of your body, from every angle and every direction! Come and challenge your endurance and control in this streamlined workout and leave feeling powerful!

Total Barre Pilates

Total Barre is a fresh, fun and energetic class! This class will give you a full-body workout by incorporating elements of Pilates, cardio, dance, and strength training. Bonus: you'll workout to upbeat, invigorating music! No previous dance or Pilates experience is necessary.

Trim & Tone Pilates

This intermediate level mat Pilates class will trim and tone your waistline, hips and thighs! Expect a total body workout that varies from class to class. Beginners are always welcome – no previous Pilates experience is required.

Vinyasa Yoga

This Vinyasa Yoga flow class integrates breath with movement in a flowing sequence of yoga poses. Experience a beautiful intermix of yoga asanas and creative movements that vary from class to class. This program is open to beginners or those with yoga experience.

Yoga for Power & Grace

Discover the power and grace this vinyasa flow can deliver. This class is inspired by the power of the Ashtanga system and includes complementary asanas to create an inspirational flow. Participants will feel deeply connected to both the mind and body by blending the balance of breath and continuous movement. Leave behind your day and get grounded. Previous yoga experience is recommended.

REFORMER PILATES FALL 2018

SEPT 10 -
OCT 25

TIME	MON	TUES	WED	THURS
7:00 am				FLOW PTS 60 mins Shasta
9:00 am	TRIM & TONE PTS 60 mins Natasha		CARDIO PTS 60 mins Natasha	SILVER FLOW PTS 60 mins Lindsey
11:00 am	LENGTHEN & STRENGTHEN PTS 60 mins Natasha	FLOW PTS 60 mins Natasha		TRIM & TONE PTS 60 mins Natasha
12:00 pm	FLOW PTS 60 mins Natasha	CARDIO PTS 60 mins Natasha	CARDIO PTS 60 mins Shasta	FLOW PTS 60 mins Shasta
5:15 pm	FLOW PTS 60 mins Shasta		TRIM & TONE PTS 60 mins Shasta	
6:30 pm			FLOW PTS 60 mins Shasta	CARDIO PTS 60 mins Shasta

**REGISTRATION
OPENS AUG 20**

PRICES: +HST

Monday classes:
\$110 (member)
\$132 (non member)

All other classes:
\$128 (member)
\$154 (non member)

Register in person (1st floor CURRIE CENTER),
by phone (453.4579) or online at
recreation.unbf.ca

Note: Instructors are subject to change without
notice.

QUESTIONS:

Contact Lauren Rogers at lrogers@unb.ca

LOCATION FOR REFORMER PILATES:

Private Training Studio
3rd floor CURRIE CENTER



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What is Reformer Pilates?

The reformer is a specialized Pilates machine that uses a unique system of adjustable springs to add resistance to workouts. Reformer exercises are known to increase strength and improve flexibility and balance.

Classes are capped at 5 participants.

Program descriptions:

Cardio:

Designed for those who love to move, sweat and feel a rush of endorphins! In this high intensity class, Jumpboards and other props are used to increase strength, build muscle and improve cardiovascular endurance.

Participants will leave each class feeling powerful and accomplished.

Flow:

Experience a unique full body workout through creative, flowing sequences. In this class, you will work on technique, coordination and control while exploring the endless possibilities of the Pilates Reformer. This class will challenge and surprise even the most experienced participant!

Participants will leave each class feeling restored and in tune with their body.

Lengthen & Strengthen:

Build a strong Pilates foundation and develop a deeper understanding of Reformer exercises. This evenly paced class will provide a total body workout and is ideal for those who are new to Reformer; however, it can be equally challenging for more experienced participants who are looking to refine their Pilates practice and skills!

Participants will leave this class feeling long, lean and strong!

Silver Flow:

Improve your balance, coordination, strength, and flexibility in this positive and uplifting Reformer class. Participants will be supported and guided as they work towards creating a stronger, more flexible, and resilient body and mind.

Suitable for both the beginner and mature Pilates participant, this Reformer class offers a well balanced full body workout with an emphasis on safety, proper technique, coordination, and control.

Participants will leave class feeling restored and rejuvenated!

Trim & Tone:

Sculpt your most ideal shape through strength building and targeted Pilates movements! This all-levels class will trim and tone all major muscle groups – especially your core, glutes and thighs.

Participants will leave each class feeling shapely and confident!

SILVER SERIES FALL 2018

SEPT 10-
DEC 14

TIME	MON	TUES	WED	THURS	FRI
9:00 am		PILATES FOR BALANCE HS 60 mins Wendy M\$140 NM\$165			
9:15 am	APEX MPR 60mins Caitlin/Jordan M\$155 NM\$180		APEX MPR 60mins Caitlin/Jordan M\$155 NM\$180		APEX MPR 60mins Caitlin/Jordan M\$155 NM\$180
9:15 am	HAPPY HEARTS FITNESS HS 60 mins Lauren/Candy M\$90 NM\$110		HAPPY HEARTS FITNESS HS 60 mins Wendy M\$90 NM\$110		HAPPY HEARTS YOGA HS 60 mins Garda M\$140 NM\$165
9:30 am		HAPPY HEARTS STRENGTH TRAINING SC 60 mins Crystal/Jordan M\$90 NM\$110		HAPPY HEARTS STRENGTH TRAINING SC 60 mins Crystal/Jordan M\$90 NM\$110	
10:30 am	BODY & BONES HS 60 mins Caitlin/Jordan M\$140 NM\$165	HAPPY HEARTS STRENGTH TRAINING SC 60 mins Crystal/Jordan M\$90 NM\$110	BODY & BONES HS 60 mins Caitlin/Jordan M\$140 NM\$165	HAPPY HEARTS STRENGTH TRAINING SC 60 mins Crystal/Jordan M\$90 NM\$110	BODY & BONES HS 60 mins Wendy M\$140 NM\$165
10:45 am		SILVER YOGA HS 60 mins Garda M\$140 NM\$165		SILVER PILATES HS 60 mins Garda M\$140 NM\$165	
1:15 pm		AXON HS 60 mins Caitlin M\$140 NM\$165		AXON HS 60 mins Caitlin M\$140 NM\$165	
2:30 pm		SILVER STRIDES MPR & Track 60mins Jason M\$115 NM\$140		SILVER STRIDES MPR & Track 60mins Jason M\$115 NM\$140	

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MPR: Multi-Purpose Room
(2nd Floor CURRIE CENTER)
Track: 2nd Floor
CURRIE CENTER
SC: Strength Centre (3rd
Floor CURRIE CENTER)



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