

RECREATION GUIDE

FITNESS AEROBICS AQUATICS INTRAMURALS SPECIAL INTEREST CLASSES



Athletic Complex Hours & Information:

Fall & Winter Hours

September 2nd - December 1st, 2008 & January 5th - April 3rd, 2009

Day	Open	Close
Mon - Thurs	6:00 AM	11:30 PM*
Friday	6:00 AM	10:00 PM
Saturday	10:00 AM	6:00 PM
Sunday	10:00 AM	11:30 PM*

Fall & Winter Exam Hours

December 4th - 18th, 2008 & April 8th - 29th, 2009

Day	Open	Close
Mon - Fri	7:00 AM	10:00 PM
Saturday	10:00 AM	6:00 PM
Sunday	10:00 AM	10:00 PM

Holiday Hours

December 20th, 2008 - January 4th, 2009

Day	Open	Close
Dec 20th - Dec 21st	10:00 AM	6:00 PM
Dec 22nd - Jan 2nd	CLOSED	
Jan 3rd - 4th	10:00 AM	6:00 PM

Reading Week Hours

February 15th - 22nd, 2009

Day	Open	Close
Mon - Fri	7:00 AM	10:00 PM
Saturday	10:00 AM	6:00 PM
Sunday, Feb. 15th	10:00 AM	10:00 PM
Sunday, Feb. 27th	10:00 AM	11:30 PM*

*Excluding Intramural activity

All hours subject to change. Be sure to check online at www.laurierathletics.com.

Subject to change

*Excluding intramural activity to 1:00 AM

Athletic & Recreation Membership Rates

Type	Annual Single	Annual Family*	Term Single**	Term Family
Full-time Faculty/Staff	\$198.73	\$354.40	\$65.63	\$118.13
CAS	N/A	N/A	\$65.63	\$118.13
Laurier Alumni	\$231.00	\$415.80	\$88.23	\$158.81
Community Member	\$452.48	\$814.45	\$161.95	\$291.51
Other University Student	Summer Term only		\$131.25	\$236.25

Locker Rental Fees

Type	One Term	Two Term	Annually
Half Locker	\$31.50	\$52.50	\$63.00
Full Locker	\$36.75	\$63.00	\$78.75

Subject to availability. All prices include GST.

Other Fees

Type	Cost
Card Replacement	\$20.00
Shoe Tag Replacement	\$25.00
Day Pass	\$6.00
Day Locker	\$10.00

*Family is two partners living together and dependent children living at home. Members are responsible for the conduct, behaviour, and actions of children under 18 while using Laurier athletic facilities. They are expected to abide by the facility regulations and should be supervised at all times. **Terms: Winter (Jan-Apr) Summer (May-Aug) Fall (Sept-Dec) All annual memberships become available May 1st with an expiry of April 30th.

MEMBERSHIP & BENEFITS

Promotion Week

Come and try it! Each term you have a chance to experience a number of programs to help you decide what to register for. All aerobics, cycle fit, dance, pilates, and yoga classes as well as the climbing wall are FREE during the promotional trial week. Schedules are available online at: www.laurierathletics.com, where you should register early to avoid missing out!

Fall Term - September 14th - 20th, 2008

Winter Term - January 11th - 17th, 2009

Program Registration

Registration for Fall 2008 Programs is available online as of the following dates:

Lessons, Courses, and Clinics:

Available immediately! Courses remain open for registration up until 48 hours prior to the course date or when the course is full.

Intramural Leagues:

September 2nd - 10:00am Open

September 12th - 4:30pm Close

Group Fitness (aerobics, cyclefit):

September 2nd - 3:00pm Open

November 1st - 4:30pm Close

Special Interest (dance):

September 3rd - 10:00am Open

September 27th - 4:30pm Close

Other Rec Programs (yoga, pilates, etc.):

September 3rd - 3:00pm Open

November 1st - 4:30pm Close

Registration for Winter 2009 Programs is available online as of the following dates:

Lessons, Courses, and Clinics:

Available immediately! Courses remain open for registration up until 48 hours prior to the course date or when the course is full.

Intramural Leagues:

January 2nd - 10:00am Open

January 16th - 4:30pm Close

Group Fitness (aerobics, cyclefit)::

January 2nd - 3:00pm Open

March 1st - 4:30pm Close

Special Interest (dance):

January 3rd - 10:00am Open

January 24th - 4:30pm Close

Other Rec Programs (yoga, pilates, etc.):

January 3rd - 3:00pm Open

March 1st - 4:30pm Close

Most programs have a limited capacity. Complete your registration early to avoid wait lists and disappointment!



OneCard is Your Membership

The Athletic Complex and University Stadium feature a card access system. This means that all members are required to swipe their membership card to gain access to the facility. For students, staff and faculty your membership card is your ONE Card. All other members (i.e., alumni, community, rental groups) will be assigned a swipe card.



Purchasing a Membership

Visit our facilities! Prior to purchasing your ONE card membership, our staff would be pleased to give you a tour.

All memberships and lockers are sold at the Hawk Desk in the Athletic Complex Main Entrance and at University Stadium. The Hawk Desk can be reached at 519-884-0710 ext. 3803.

All ANNUAL Memberships become available May 1st, with an expiry of April 30th.

Lockers & Towels

With your ONE Card Membership, you can sign out a lock and a towel for your visit. If you wish to have your own personal reserved locker, a locker can be purchased at the Athletic Complex. There are a limited number of lockers available for rent. Day lockers are also available at the Athletic Complex.

Group Events

Looking for a new and exciting way to arrange a floor event, host a staff social or have a team meeting? Get a group together and for activities such as yoga, Pilates or dance classes as well as aerobics or cyclefit classes. We also offer group bookings for the climbing wall and swimming pool. Prices will vary depending on which activity you choose to take part in.

Booking & Renting a Facility

As a Laurier student, you may book any Athletic Facility for free for Laurier student activities!! (The only charges that may apply are those for facility staff or equipment set-up.)

The Following Facilities are Available for Booking:

- Athletics Complex 3 Court & Stadium Single Court Gyms
- Dance Studio
- Aerobics Room
- Rock Climbing Wall
- Athletic Complex & Stadium Multipurpose Classrooms
- University Stadium Field
- Alumni Field



FITNESS CENTRE & PERSONAL TRAINING



Fitness Centre

The Fitness Centre at the Athletic Complex opened its doors in the Fall of 2005, and has been jam-packed ever since! To optimize your experience, we suggest you consider a Personal Training package custom fit for you. Our Fitness Centre associates will also be happy to help you.

Cardio

We offer you a variety of machines such as the elliptical, bikes, treadmills, and steppers. Get out of the rain, snow and cold and get in shape.

Stretching Area

Stretching will help you relax after a long day at school or work. If you do not have time for a long workout, do a short stretch session and abs on our mats, stability balls and medicine balls.

Weights

We offer you a large selection of free weights, and a machine weight circuit where you can set a full body workout that can be done easily in 30min. Our Fitness Centre associates can provide you with a quick recommended circuit.

Weight Training for Women (FREE)

A women's only clinic. Learn how to reap the benefits of weight training including the ability to calorie burn. This clinic is great for those who are new to weight training or who already practice a regular strength training program. Achieve an awesome you! Sunday, September 28, 9:00-10:00am



Personal Training

Why use a personal trainer?

Our educated and certified trainers can guide you through any program. If you are a beginner, learn why it is beneficial to use weights and cardio together, why proper form can really affect your results and how working with a trainer for just a few months can create a "new you." You can register for personal training packages anytime online.

Personal Training Options

Visit www.laurierathletics.com for complete descriptions and registration information

One-on-One Packages	Sessions	Member Fee
The Assessor	One hour	\$40
The Basic	5 one-hour	\$175 (\$35/session)
The Real Deal	10 one-hour	\$320 (\$32/session)

Two-on-One Packages	Sessions	Member Fee
The Duo	5	\$250 (\$25/session)
The Deluxe	10	\$470 (\$23.50/session)

Special Clinics	Sessions	Member Fee
Squash Lessons	One hour	\$40
Badminton Lessons	One hour	\$40



How to Register for Classes & Programs

Go to the website:

www.laurierathletics.com/registration

Or come in person to the Athletic Complex and pay at the Hawk Desk by cash, cheque, or debit

IMPORTANT NOTE: Your purchase is not considered final until you have paid in full. Your spot in the program is not secured until you have paid in full.

In Person Payments can only be made after you have already partially registered online and selected "Pay In Person".

Still need some help?

No problem! Come visit us in the Student Leader Office at the Athletic Complex. Student Leader office hours are posted if you have a specific program question.

Late Registration:

If a program has not filled to capacity by the time registration closes, late registration may become available with a \$10 late registration fee applied to the regular program price.

Program Shoe Tag Pick Up:

Pilates, Aerobics, Yoga, Climbing Wall, and Cycle fit each require a unique shoe tag to gain access to the program. After you have paid, you must go to the Hawk Desk and pick up your tag with your ORDER # and POSTAL CODE, along with your ONE Card.

Refunds and Transfer Policies

The decision to hold or cancel a course is based primarily on registration numbers. If interest is not high enough the class will be cancelled. If we can not accommodate you in another course, you will be issued a full refund for any course Laurier Recreation cancels.

Assumption of Risk

Details about the Assumption of Risk are available on our web site at www.laurierathletics.com. Some activities will require participants to complete an additional waiver. Further information is available online and through registration.

Privacy Policy

Wilfrid Laurier Athletics Department's policy is to respect and protect the privacy of our users. You can access our complete privacy policy on our website.

Dance Programs

Laurier Recreation is proud to offer a wide variety of instructional dance classes. It is a great way to try something new or enhance your own abilities, as well as a great weekly workout! For information on the times and locations classes are offered check www.laurierathletics.com/registration

Dance Program Fees: \$52-\$65 for a WLU student, dependant on class

Dance

All classes occur weekly for 10 weeks. Schedules are available through the registration site at www.laurierathletics.com/registration. Each class prepares a routine that is performed at the end of semester Dance Showcase.

Hip Hop: Learn cool urban moves in a high energy class that uses the latest in rap, R&B and pop music influenced by today's hottest video choreographers. Beginner, intermediate and advanced levels.

Jazz: Learn technique, progressive skills and unique choreography. Jazz styles range from contemporary to funk. Beginner, intermediate and advanced levels.

Ballet: The basis for all dance styles, which teach muscle control, balance and grace. Classes include warm up, barre work, centre work followed by a routine. All levels welcome, instructors cater to the level of the participants.

Lyrical: Combines the grace and technique of ballet along with the style and strength of jazz through emotion and muscle control. Classes focus on core postural interpretation, which are then applied into a routine. Previous dance experience strongly recommended.

Contemporary: Founded on natural sources of movement, basic technique focuses on body awareness, use of space and dynamics. It is a form of personal expression and is closely

aligned with creative discovery. Previous dance experience is required.

Tap: Steps are performed in intricate, rhythmical combinations and are applied to various styles of music. Focus will be on developing more challenging tap technique that will be applied to a routine. Advanced level, so previous experience is required.

Stretch/Technique: Focus will be on increasing strength and flexibility, body control, and injury prevention. A variety of warm up activities as well as developing proper dance technique, such as turns and jumps will be practiced. Everyone can benefit as this class is offered at both the experienced and beginner levels.

Competitive: For formally competitive dancers or advanced dancers to continue their high level of training. The class will focus on a different style each week including disciplines of jazz, tap, ballet, lyrical, hip hop, and acro. You do not need to be trained in all forms. Previous dance experience is required.

Ballroom: Teaches the fundamental skills in various ballroom dance styles including but not limited to Cha-Cha, Meringue, Jive, Waltz, Rumba, Foxtrot, Swing and Tango. All levels are welcome, as the instructor will cater to the level of the class. Partner not necessary. Come with a partner or on own and meet new people!

Salsa: Focus will be on the hot Latin ballroom style of Salsa. Basic techniques of this style will be learned and then applied in a creative routine. All levels are welcome, as the instructor will cater to the level of the class. Partner not necessary. Come with a partner or on own and meet new people!

Belly Dance: This ancient art is now one of the leading recreational dance forms today for women! This class will help you to improve your

flexibility, fluidity, coordination, and core development. All levels welcome!

Street Dance: This class is the combination of jazz, hip hop and break dancing styles. More focus will be on beat and rhythms rather than technique. This popular class is highly energetic and social in nature and helps you grow your personal expression in dance. All levels welcome!

Video Dance: Ever wanted to dance like JT or the Pussycat Dolls? Learn a combination of jazz, hip hop and pop, with choreography inspired by the latest music videos with basic steps and progressions across the floor. Open to all levels.

Acro: A combination of dance and gymnastics. Learn how to develop acrobatic skills with strength and flexibility. This is an advanced class and previous experience is required.

Martial Arts Programs

All are taught by highly qualified instructors. For more information on the times and locations that these classes are offered at please visit www.laurierathletics.com/registration

Martial Arts Program Fees: \$52-\$55 for a WLU student.

Tae Kwon Do: The art of hand and foot combat. This course teaches you mental discipline and self-defense. It is a great work out benefiting your cardio system, while toning and strengthening your muscles.

Kempo-Jutsu: or "First-Law Art of War" is an art with focus on rigorous physical and mental training to enter into the guard of an opponent. With a "water vs. fire" ideology, it offers a challenging workout that teaches valuable and modern self-defense from the perspective of a traditional Japanese art.

Samurai Sword: A type of Japanese fighting sword. This course teaches the art and correct form of sword handling from both the defensive and offensive positions. It is a great physical workout while also teaching self-discipline and mental control.

Mixed Martial Arts: Mixed Martial Arts has exploded in popularity over the past few years. This class gives anyone and everyone the opportunity to come out and learn the basics of MMA fighting. This class is great for anyone interested in sport fighting, overall fitness and the martial arts. Learn about things like grappling, striking, blocking, conditioning, fitness, ground and pound, submissions and everything else involved in MMA. A place for any level fighter to train with people who share their passion.



Racquet Sports

Tennis

WLU Students can play Tennis at the Waterloo Tennis Club (off Central St. in Waterloo Park), just around the corner from campus. Students may book a court two days in advance for \$12 per court, per hour (may only book 1 hour of court time each day). For court reservations or for further information, please call the Tennis Club at 519-885-3920. When you arrive at the club, you will need to show your WLU ONE Card for access.

Squash

The Athletic Complex has two international squash courts available for reservation with your WLU ONE Card or membership for no additional charge! Racquets and balls are available for rent / purchase at the Hawk Desk. Call the Hawk Desk at 519-884-0710 x.3803 to make any advance court reservations.

Badminton

Badminton is available at both the Athletic Complex and University Stadium Gymnasiums. See times for casual recreation below.



Indoor Climbing Wall

The back corner of the AC features a small little cove of adventure and fitness tucked away where you'd least expect it! The Indoor Climbing Wall reaches 25 feet and simulates many natural contours and foot holds. It is specifically designed for teaching basic climbing and mountaineering skills. Our indoor rock climbing gym is a great place for new climbers to start improving their upper-body strength, or for experienced climbers to get in regular workouts.

Climbing Term Pass

Students and Members can purchase a Term Pass for a low fee of \$50 to access any of the Climbing Wall's hours of operation, or as part of the "Double Play Pass" to combine your savings with either a Cycle Fit or Aerobics Pass. You can also purchase 10-Visit Passes. Registration is available online.

Group Climbing Experiences

The wall can accommodate up to 16 people for a two-hour group session. You may want to consider a group booking for a floor event, social activity, birthday party, or fun time out. Group bookings are typically between \$60 - \$80 for the group, depending on your number of participants or booking time.

Climbing Wall Hours

September 17th - December 1st, 2008 & January 14th - April 3rd, 2009

Day	Open	Close
Mon-Thurs	5:30 PM	8:30 PM
Friday	3:00 PM	6:00 PM
Saturday	2:00 PM	5:00 PM
Sunday	CLOSED	

Subject to chance. For Climbing Wall Group Bookings, visit www.laurierathletics.com

Intramural League Play

To register for Intramurals, go to www.laurierathletics.com/registration and set yourself up with a User Account. Shop around in the Intramurals Section of the e-commerce site. Select the sport(s) you are interested in registering for and REGISTER and PAY EARLY as leagues fill up quickly and have limited capacity. Decide on a sport, designate a captain and recruit enough people to fill your roster. The team captain registers your team online at www.laurierathletics.com/registration.

Free Agents

Register for a sport online at www.laurierathletics.com/registration. The free agent fee is a one-time payment of \$30. There are no bonds for free agent teams. Free agents will usually be placed on teams made up of other free agents. You must complete payment to reserve your space in the league!

Captain's Responsibility

The team captain is responsible for all action of their team including conduct, vandalism, eligibility and attendance. See the website for Captains' responsibilities.

Fair Play Code and Spirit of Competition Council

Everyone involved in Intramurals is expected to abide by the principles of integrity, fairness and respect. The full Fair Play Code is available on the website.

Bonds

Each team pays a performance bond as part of the registration fee. One default, missed meeting, incomplete roster or game suspension will result in the loss of half of a team's performance bond. A second default or infraction will cost the team the rest of the bond and they will be removed from the league.

Job Opportunities

REFEREES NEEDED!

Apply in September and January. Get paid to referee a sport you love! We are hiring dependable students with some level of experience refereeing sports for all of our intramural leagues.

Fall Sports Referee Information Session – 7:30pm Thursday September 12th, Golden Hawk Lounge

Winter Sports Referee Information Session – 10:00pm Sunday January 11th, Golden Hawk Lounge

There are many student roles to be filled to run successful intramural sport opportunities. Check out job opportunities frequently at www.laurierathletics.com

Casual Recreation – Drop-in today!

Students and members can drop-in to the WLU Athletic & Recreation facilities over the followings days and times indicated and when openings in the schedule permit. It is always advisable to contact either the Hawk Desk or Stadium Desk for the latest information. Any cancellations will be posted online.

Location	Days	Times	Activity
AC Squash Courts	Daily	AC Hours of Operation	Squash
AC Gymnasium	Mon–Thurs	12:00pm - 2:00pm	Mon & Wed Badminton & Basketball Tues & Thurs Volleyball & Basketball
Stadium Gymnasium	Mon, Wed, Fri Tues, Thurs	1:00pm - 3:00pm 3:00pm - 5:00pm	Basketball, Ball Hockey, Indoor Soccer
Stadium Field & Track	Tues, Thurs	1:00pm - 2:30pm	Field sports: Ultimate, Soccer, Football, etc. & Track sports.
Alumni Field	Whenever programming does not exist		Field sports: Ultimate, Soccer, Football, etc.

INTRAMURAL SCHEDULE

General Chart Information

Registration for Teams and Free Agents is online at www.laurierathletics.com/registration

All captain's meetings will be in the Golden Hawk Lounge and MUST be attended by the Team Captain.

Leagues have minimums and maximums for number of teams, and co-rec leagues must also meet minimum male/female requirements.

In the event that any changes need to be made, postings will be made online and on the intramural bulletin board in the AC. You may also contact the intramural team with questions at: intramurals@laurierathletics.com

Complete Fall 2008 Intramural Sport Listings

Sport	Night and Time	Location	Roster Minimum	Team Fees + Bond	Free Agent Fees	Captain's Meeting
VOLLEYBALL						
Co-Rec Volleyball	Sun 4pm – 1am	AC Gym	Min. 8; 4 female	\$150 + \$50	\$30	Sun Sept 14, 7:30pm
Men's Volleyball	Wed 8pm – 1am	AC Gym	Min. 8	\$150 + \$50	\$30	Sun Sept 14, 8pm
Women's Volleyball	Wed 8pm – 1am	AC Gym	Min. 8	\$150 + \$50	\$30	Sun Sept 14, 8pm
BASKETBALL						
Men's Basketball	Mon 8pm – 1am	AC Gym	Min. 7	\$150 + \$50	\$30	Sun Sept 14, 9:30pm
Women's Basketball	Mon. 8pm – 1am	AC Gym	Min. 7	\$150 + \$50	\$30	Sun Sept 14, 9:30pm
SOCCER						
Co-Rec Indoor Soccer	Mon/Wed 7pm – 1am	US Gym	Min. 7; 3 female	\$150 + \$50	\$30	Mon Sept 15, 10pm
Men's Outdoor Soccer	Wed & Thurs 7pm - Mid	Alumni	Min. 8	\$150 + \$50	\$30	Sun Sept 14, 5:30pm
Women's Outdoor Soccer	Wed & Thurs 7pm – Mid	Alumni	Min. 8	\$150 + \$50	\$30	Sun Sept 14, 5:30pm
Co-Rec Outdoor Soccer	Tues 7pm – Mid	Alumni	Min. 8; 4 female	\$150 + \$50	\$30	Sun Sept 14, 6pm
HOCKEY						
Ice Hockey	Sun – Thurs. 11pm – 1am	Arenas	Min. 11	\$1,850 + \$200	\$200	Weds Sept. 17, 10pm
Ball Hockey	Sun 5pm – 1am, Thurs 6-10pm	US Gym	Min. 7	\$150 + \$50	\$30	Sun Sept 14, 8:30pm
OTHER OUTDOOR SPORTS						
Flag Football	Mon 8:30pm-10:30pm, Tue 7:30-10:30pm	US Field	Min. 8	\$150 + \$50	\$30	Sun Sept 14, 5pm
Ultimate Frisbee	Mon 7pm – Mid.	Alumni	Min. 8; 4 female	\$150 + \$50	\$30	Sun Sept 14, 7pm
Co-Rec Slo-Pitch	Sun 3:00pm-11:00pm (Sept 14 - Oct 5)	Waterloo Park	Min. 10; 5 female	\$150 + \$50	\$30	Sun Sept 14, 1pm
OTHER INDOOR SPORTS						
Co-Rec Innertube Waterpolo	Sun 6pm – 1am	AC Pool	Min. 7; 3 female	\$150 + \$50	\$30	Tues Sept 16, 9:30pm
Co-Rec Dodgeball	Tues 8pm – 1am	AC Gym	Min. 7; 3 female	\$150 + \$50	\$30	Tues Sept 16, 10:30pm
Squash	Mon/Wed 8pm – 11pm	AC Courts			\$30	Tues Sept 16, 10pm
RAC – RESIDENCE SPORTS LEAGUES						
RAC Gym Sports	Thurs 8pm – 12am	AC Gym				
RAC Health & Wellness	Thurs 10pm – 12am	AC Studio 1				
RAC Field Sports	Sun 8pm – 12am	Alumni				

All free agents must attend the Captain's Meeting.

Complete Winter 2009 Intramural Sport Listings

Sport	Night and Time	Location	Roster Minimum	Team Fees + Bond	Free Agent Fees	Captain's Meeting
VOLLEYBALL						
Co-Rec Volleyball	Sun 4pm – 1am	AC Gym	Min. 8; 4 female	\$150 + \$50	\$30	Sun Jan 11, 7:30pm
Men's Volleyball	Wed 8pm – 1am	AC Gym	Min. 8	\$150 + \$50	\$30	Sun Jan 11, 8pm
Women's Volleyball	Wed 8pm – 1am	AC Gym	Min. 8	\$150 + \$50	\$30	Sun Jan 11, 8pm
BASKETBALL						
Men's Basketball	Mon 8pm – 1am	AC Gym	Min. 7	\$150 + \$50	\$30	Sun Jan 11, 9:30pm
Women's Basketball	Mon 8pm – 1am	AC Gym	Min. 7	\$150 + \$50	\$30	Sun Jan 11, 9:30pm
SOCCER						
Co-Rec Indoor Soccer	Mon/Wed 7pm – 1am	US Gym	Min. 7; 3 female	\$150 + \$50	\$30	Mon Jan 12, 10pm
Men's Indoor Soccer	Tues 7pm – 1am	US Gym	Min. 7	\$150 + \$50	\$30	Mon Jan 12, 10:30pm
HOCKEY						
Ice Hockey	Continues from fall program. No new registrations.					
Ball Hockey	Sun 5pm – 1am Thurs 6pm – 10pm	US Gym	Min. 7	\$150 + \$50	\$30	Sun Jan 11, 8:30pm
OTHER INDOOR SPORTS						
Co-Rec Dodgeball	Tues 8pm – 1am	AC Gym	Min. 7; 3 female	\$150 + \$50	\$30	Tues. Jan 13, 10:30pm
Squash	Tues/Thurs 8pm – 11pm	AC Courts			\$30	Tue Jan 13, 10pm
RAC – RESIDENCE SPORTS LEAGUES						
RAC Gym Sports	Thurs 8pm – 12am	AC Gym				
RAC Health & Wellness	Thurs 10pm – 12am	AC Studio 1				

All free agents must attend the Captain's Meeting.

Wilfrid Laurier University's recreation program was the winner of the
CIRA Ontario Outstanding Intramural Achievement Award for 2007-2008!

GROUP FITNESS, YOGA & PILATES

Get ready for a complete challenging workout in a fun invigorating atmosphere. With over 35 classes a week, the Group Fitness program at Laurier is sure to fill your fitness needs. We offer a variety of class formats combining cardiovascular training with strength training, stretching and sports-driven functionality. Not only do you get to work out alongside your friends but our classes are led by some of the most fun and energetic certified instructors around. Our wide selection of courses fit every experience and fitness level.

Fees & Double Play Passes

Aerobics and Cyclefit fees are \$52 each, or you can vary your workout and save money! Register for the Double Play Pass to select 2 of the Aerobics, Cycle Fit, or Climbing Wall programs. Select two programs for \$90!

Do you have your Shoe Tag? All the programs on this page require a Shoe Tag for entry to the class after the promotion week. The Shoe Tag allows the flexibility and choice of attending any and as many classes in the schedule as you would like. Pick up your shoe tag after your online registration with your Online Order Number and Postal Code.

Class Schedules

Pick up a schedule at the Hawk Desk or check online at www.laurierathletics.com for Pilates, Aerobics, Yoga, and Cycle Fit.

Aerobics Program

Step Express (intermediate-advanced): This is one work-out you won't find in the supermarket! Treat yourself to a step class rich in energy that will burn the fat right off! Creative combinations will keep you motivated. This class is designed for intermediate-advanced steppers.

Step-up: Traditional hard surfaces can be hard on knees and joints when exercising. This class will introduce you to terms and moves commonly used in step classes. All the basic fundamental steps will be covered in the class. Beginners "Step-up" to the challenge!

Sculpt N' Burn: Lift, squeeze and sculpt using a variety of equipment and a whole lotta muscle. If you want to define your body this class is a must. Come out and get a full body workout designed to mimic your traditional weight room workout.

Hard Core: Focus on "firing up" your abdominals and strengthening your back muscles. This class is designed to help you tone up, flatten and tighten your abs to maintain balance and stability through your "core". A must for all fitness levels!

Glide to Glam: Use trendy fitness equipment as you glide your way to shape. Instructors will coach you on proper technique as you use gliders to tone your entire body in 25 minutes.

BLT- Butt/Legs/Thighs: A class specifically designed to target those areas in your lower body that may need a little extra attention. You will use a variety of equipment to keep you motivated.

Amazing Arms and Abs: Target your arms, chest and upper back using a variety of fitness tools. This class is also designed to target your transverse abdominus to help tighten your tummy! Have sleek toned arms and a flat stomach in no time!

20/20/20: This class combines 20 minutes of Cardio, 20 minutes of muscle and 20 minutes of hi/lo or step! This is an amazing class to increase your cardio, stamina and sculpt your muscles. Modifications will be given to make sure everyone has fun and works at their own fitness level!

Athletic Training: Run, Jump, Squat and Sweat at an intense pace. This class will melt calories, sculpt your body and get your metabolism burning. With a dynamic 3 minutes of Cardio followed by a powerful 3 minutes of strength training, your instructor will motivate you through an excellent interval training class!

Cardio Dance: A Great Cardio Workout! This class combines high energy and exhilarating music broken down into fun and easy to follow routines. Funky instructors teach you to move with attitude through this 55-minute class. We will have you dancing your way into shape while having tons of fun.

Fit, Flexible and Fabulous: This class combines yoga and Pilates, flexibility, mobility and relaxation. This is a must for anyone wanting balance in their workouts!

Cardio Power Plyometrics: This high impact cardio class is great for those who are ready to bring the intensity up a level. Let this class take you to a new extreme for just 25 minutes! Get ready to sweat.

Kickboxing Meltdown: Learn proper boxing techniques as you get pumped and jab, punch and kick your way into shape. This class provides a fabulous athletic blend of cardio, boxing and kicking combinations. You will have fun, sweat and crawl back for more!

Dirty Dancing: This tastefully put together sassy workout will have you laughing and sweating while you work your way to a sexier, fitter you!

Boot camp: This results oriented class is simple, intense and a great workout! Your instructor will lead you through challenging alternating segments of cardio and weights in a circuit format where you move station to station.

Unbelievaball: A strengthening work-out offered once a week using the ball!

Shape-Up: Get into shape! This low-impact class using light hand weights is great for all levels! Finish off with some abdominal work at the end!

Hi/Lo: Hi/Lo aerobics improves the cardiovascular system while strengthening all major muscle groups. Look forward to a 40 minute Cardio routine followed by core stability training and stretching/relaxation. You are guaranteed to have a "blast".

Cardio Crunch: This class is designed to keep all participants challenged. The class includes high intensity moves to boost your energy level and keep you on track to a healthy lifestyle.

Stretch: Relax with a 25 minute rejuvenating stretch class in order to lengthen all of the muscles you have worked so effectively during the week.

Cycle Fit

Spin-Yoga: Brand new! Participate in a holistic thirty minute spin class followed immediately by a 30 minute yoga class. You will have never left the gym feeling better!

Cycle-Blast: Brand new! Our certified instructors will motivate you through a series of muscle toning exercises in an hour long spin class! This class is designed for results!

Cycle-Max (Advanced): A dynamic workout for the more experienced cycle class aficionado, with work in all the energy zones, incorporating hill climbing and sprinting.

All other cycle fit classes are designed for all levels (work at your own pace) and incorporate a variety of drills and activities.

Yoga

Yoga class styles will be in Hatha Yoga, Power Yoga, Yoga on the ball or Partner Yoga. Through the practice of yoga postures, breathing and relaxation techniques, stretch and strengthen your body, while calming the nervous system and bringing a light-hearted attitude into your life. Yoga fees are \$65.

Pilates

Pilates encourages the use of the mind and muscles that help keep the body balanced and are essential for providing support for the spine. Exercises teach awareness of breath and alignment of the spine, which are important to help alleviate and prevent back pain and define the core. All levels are welcome! Pilates fees are \$65.



Work At Golden Hawk Athletics & Recreation!

If you are looking for a fun, interesting and challenging work experience with the convenience of working on campus with your fellow peers, then you should consider joining our team at WLU Athletics & Recreation.

WLU Athletics & Recreation is the largest student employer on campus, with many rewarding and skill enhancing roles in a variety of team-based and customer-focused settings. We offer a variety of Student Leader roles which formulate the core student leadership group responsible for delivering services and assisting in many recreation and athletics capacities.

If you have a skill in instruction, refereeing a specific sport, in working and dealing well with people, or qualifications and credentials you feel can add to the athletics and recreation team, check out the job opportunities located at: www.laurierathletic.com/jobs.

Most jobs for the year are hired the previous winter term, but there are always postings to see online. For fall we are currently hiring: life guards, referees and customer service positions at the Hawk and Fitness Centre desks, as well as facility event staff. More positions may come available throughout the school year. Act now for a chance to become part of this dynamic and exciting department!

Some Important Hiring Dates (check online for details):

Intramural Referees Information Session Sunday:
 - Fall: Friday, September 12 at 7:30pm in the Hawks Lounge
 - Winter: Sunday, January 11 at 10:00pm in Hawks Lounge

2009-2010 Student Leader Coordinator and Summer Coordinator Applications Due: Monday, February 2, 2009

Part time Summer Employment Applications Due: Monday, March 2, 2009

Part time Fall/Winter 2009-2010 Employment Applications Due: Friday, March 6, 2009

COURSES

Can-Fit-Pro Fitness Instructor Specialist (FIS)
 This is a popular 22-hour course to increase your knowledge and confidence for leading a group fitness



class with the option to progress to a certified Fitness Instructor Specialist, with theory and practical exam.

Course Dates: Oct. 24th-26th.

Course Fee: \$200 to WLU; \$175.48 to Can-Fit-Pro

Can-Fit-Pro Personal Training Specialist (PTS)
 Do you have a passion for working out or just love to teach others



about conditioning their bodies? Then perhaps a career as a trainer is perfect for you. In addition to teaching others something that you are passionate about, trainers have great job benefits! Can-Fit-Pro is the most popular Personal Training certification in Canada and they are coming to Laurier to help you gain new experiences and knowledge.

Course Dates: Nov. 4th, 7th, 11th, 14th & 25th from 5-10pm

Exam Date: Dec. 2nd 5:30pm

OFC Comprehensive Pilates Mat Certification – Level 1

Health Headquarters and OFC Pilates training builds on the essence and principles of the Joseph H Pilates technique, applying physiology and anatomy coupled with safety and quality instruction.

Course Dates: TBD (check website for updates)

Course Fee: \$299 + GST

Standard First Aid and CPR "C"

Standard First Aid incorporates all Emergency First Aid, designed for those who require an in-

depth understanding of first aid, including legal implications, spinals, heat or cold injuries, bone and joint injuries, abdominal/chest injuries, burns and medical emergencies. CPR-C covers all aspects of CPR skills for adults, children, and infants. Recognized by the WSIB, and satisfies requirements in the Ontario Public Pools regulation. No prerequisite is required, manual is provided.

Course Dates: Nov. 1-2, Feb. 7-8, April 4-5.
 Fee: \$80 (\$90 non-member)

Reebok University presents Cycle Reebok Certification

Master Trainer Vera Bond returns for a one-day specialized training covering the physiology, biomechanics, psychology and motivational techniques for indoor cycling. You will understand the science behind interval training and learn how to monitor intensity in a group of mixed riders.

Course Dates: January 25th Course Fee: \$195

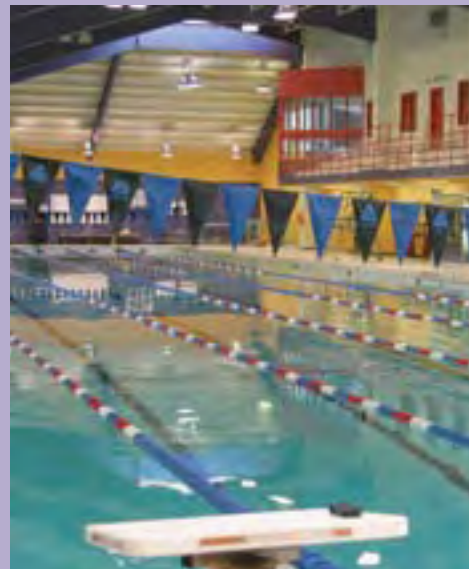
Standard First Aid and CPR Re-cert

Re-certification covering all aspects of first aid and CPR, required to keep your first aid up-to-date with changes made in the first aid and CPR programs, and to ensure skills are kept up to standard.

Important Change:

Ontario Workplace Safety and Insurance Board (WSIB) entitles SFA Award holders to recertify once on a SFA re-cert course. Subsequently, award holders must repeat a full SFA course, such that award holders renew by alternating re-certs and original courses. WSIB permits re-certs only with the original certifying agency and a current award. For our programs this means the requirement is a current Lifesaving Society award.

Course Dates: Oct. 26, Feb. 1, Mar. 29.
 Fee: \$45 (\$60 non-member)



The Athletic Complex Pool

Due to maintenance concerns, the availability of Laurier's Olympic length swimming pool located in the Athletic Complex, cannot be confirmed beyond December 31 2008.

Programs offered during Fall 2008 include:

- Lane Swims
- Inner Tube Water Polo
- Swimming Lessons
- Lifesaving Programs & Courses
- First Aid Certifications
- Aqua Fitness Classes

For up to date information on the status of the pool and its available programs, please visit our website.