

Whistler Sport Legacies Fitness Class Descriptions Performance Hub

TRX Suspension Training®

The TRX Suspension Training® is a workout system that uses body weight and gravity to allow you to perform hundreds of exercises. Whether training for elite performance or just starting out, the TRX will help you simultaneously develop strength, balance, flexibility and core stability. If you have never tried it, now's your chance. TRX classes will involve other core body exercises using other body resistant equipment.

TRX Mixer

Offers everything a TRX Suspension Training® class has to offer with the inclusion of cardio and strength intervals. Using your body as the main source of resistance, this circuit style class uses the TRX straps and other equipment like the Bosu, spin bikes or weights.

Cardio & Strength

The class will feature a variety of different cardio exercises with the mix of strengthening exercises either in a way of intervals, stations or a circuit. Variety will increase your overall fitness level and ensure muscle balance. Each 60 min class will start with a warm up and end with a stretch.

Winter Fit / Summer Fit Circuit

Whatever your physical activity is during the winter or summer months, this class will prepare you for enjoyment in the outdoors. Instructors will lead you through a variety of exercises with and without fitness equipment to build the cardio, strength, power, mobility, flexibility and co-ordination which will result in an overall increased fitness level. The focus lies on bracing muscles for the transition from summer to winter (and vice versa) recreational sports and increasing the range of motion to stay injury-free and to develop a better posture.

Core & Stretch

This class lets you enjoy all the benefits that come from increasing your core strength. It will improve your posture, give you a better balance and help reduce back pain. The core is not only your abdominals, but also includes your pelvic, mid and lower back and your hips which all work together to support your spine and skull. Finish this class with stretches to improve your overall flexibility and leave knowing you have done something to better your overall health!

Low Impact Circuit

Join this class to get a fun full-body workout in a safe and non-competitive environment. Move to music from station to station with the goal of increased aerobic capacity, strength, balance and coordination. Great class if circuits are new to you, if you are recovering from an injury, want to get back into shape or suffer from old injuries.

NIA

Combining dance, martial arts and mindfulness, the NIA Technique tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life: body, mind and soul. Pre-registration is necessary for this program via [email to Nancy Routley](#) (instructor).