

Fitness Class Drop-In  
Student \$7/Non-Students \$10

Deadline to register  
for Fitness Programs  
is September 13

# FITNESS & LIFESTYLE PROGRAMS

Inspiring and motivating fitness, health and wellness opportunities creating healthier minds,  
bodies and spirits!  
karen.alden@viu.ca or **250.740.6429**

# INFORMATION

# STUDENT LIFE ACTIVITY GUIDE

## FALL 2018



Storm/Surfing Weekend



VANCOUVER ISLAND  
UNIVERSITY

VIU.CA/CAMPUSREC

## AEROBIC & STRENGTH

\$65 Student Price/ \$95 Non-Student \*unless indicated below

### 45 Minute HIIT Outdoor Bootcamp

Mon/Wed, Sept 17 - Nov 26  
4:15 - 5pm  
Outdoor/Squash Court  
Instructor: Veronique/Choose2Be

### Butts & Guts

Tues/Thurs, Sept 18 - Nov 22  
5:15 - 6:15pm, Location: Gym/Rm 115  
Instructor: Veronique/Choose2Be

### Boxing Kickboxing Basics

Mon/Wed, Sept 17 - Nov 26  
4 - 5pm, Gym/Rm 115  
Instructor: Tomari Martial Arts

### Cycle Blast

Tues/Wed, Sept 18 - Nov 21  
4 - 5pm, Gym/Rm 208  
Instructor: Andrew Derochers

### Full Body Circuit

Tues/Thurs, Sept 18 - Nov 22  
8:15 - 9:15pm, Gym/Rm 115  
Instructor: Cheryl Wilson

### Outdoor Cross Training Bootcamp

Mon/Wed, Sept 17 - Nov 26  
12 - 1pm,  
Outdoor/Squash Courts  
Instructor: Andrew Desrochers

### Morning Bootcamp

Tues/Thurs, Sept 18 - Nov 22  
7 - 8pm, Gym/Rm 115  
Instructor: Andrew Desrochers

### Sunrise Cycle

Tues/Thurs, Sept 18 - Nov 22  
7 - 8am,  
Gym/Rm 208  
Instructor: Cheryl Wilson

### Spin & Core!

Mon/Wed, Sept 18 - Nov 22  
12 - 1pm, Gym/Rm 208  
Instructor: Andrew Desrochers

### Spin it Out!

\$25 Students/\$40 Non-student  
Wed, Sept 19 - Nov 21  
9 - 10am, Gym/Rm 208  
Instructor: Cheryl Wilson

### Women's Kickboxing/ Street Self Defense

Tues/Thurs, Sept 18 - Nov 22  
4 - 5pm, Gym/Rm 115  
Instructor: Tomari Martial Arts

Blood Donor  
Clinic

Thurs, Oct 18  
10am - 7pm | Bldg 190-Gym  
Register with Canadian  
Blood Services

Biometric  
Screening Clinic

Wed, Nov 21 2018  
10am - 2pm  
Bldg 300, Rm 401  
Registration  
Required

## Certification Courses

Instructor: **Choose2Be/Veronique Rioux**  
**VIU Nanaimo Campus**  
Friday/Saturday/Sunday

### Fall 2018 CanFit Pro-Fitness Instructor Specialist Certification

October 26 - 28, 2018

### Vinyasa Yoga Teacher Training Certification

April 19 - June 9, 2019

Visit [choose2be.ca](http://choose2be.ca) for more info

## MIND & BODY

\$55 Student Price/ \$85 Non-Student \*unless indicated below

### 30 Mins Upper Body & Core

Mon/Wed, Sept 17 - Nov 22  
6:30 - 7pm, Location: Gym/Rm 115  
Instructor: Veronique/Choose2Be

### Mobility & Flexibility Yoga

Thurs, Sept 20 - Nov 22  
6:30 - 7:30pm, Location: Gym/Rm 115  
Instructor: Veronique/Choose2Be

### Power Yoga

Mon, Sept 17 - Nov 26  
12 - 1pm, Location: Gym/Rm 115  
Instructor: Laura Timmermans

### Rise and Shine Yoga

\$65 Students/\$85 Non-student  
Mon/Wed, Sept 17 - Nov 26  
7 - 8am, Location: Gym/Rm 115  
Instructor: Andrew Desrochers

### Yoga Pilates

Tues, Sept 18 - Nov 20  
12 - 1pm, Location: Gym/Rm 115  
Instructor: Angelina McNamee

### Vinyasa Yoga

\$65 Students/\$85 Non-student  
Tues/Thurs, Sept 18 - Nov 22  
4:05 - 5:05pm, Location: Squash Courts  
Instructor: Veronique/Choose2Be

### Yoga Core

Thurs, Sept 20 - Nov 22  
12 - 1pm, Location: Gym/Rm 115  
Instructor: Angelina McNamee

### Yin Yoga

Tues, Sept 18 - Nov 20  
6:30 - 7:25pm, Location: Gym/Rm 115  
Instructor: Veronique/Choose2Be

## DANCE

\$65 Student Price/ \$95 Non-Student

### Hip Hop Bootcamp

Tues/Thurs, Sept 18 - Nov 22  
7:30 - 8:30pm, Location: Gym/Rm 115  
Instructor: Dominique Saab-Son

### MTV Jazz Dance

Mon/Wed, Sept 17 - Nov 26  
7:30 - 8:30 - 6:15pm  
Location: Gym/Rm 115  
Instructor: Danielle Castle

### Zumba

Mon/Wed, Sept 17 - Nov 26  
5:15 - 6:15, Location: Gym/Rm 115  
Instructor: Veronique/Choose2Be

## OUR VISION

Mariner's Athletics and Recreation engages and supports the student experience by fostering meaningful connections, wellness and personal growth through exceptional sport, recreation and lifestyle activities.

[viu.ca/campusrec](http://viu.ca/campusrec)

## FREE Personal Training Instruction

Sept 17 - Nov 22  
Bldg 190, Weight Room  
2:45 - 3:45pm (Mon - Thurs)  
7 - 8pm (Tues & Thurs)  
Instructor:  
Tomari Martial Arts  
& Choose2Be



Afternoon Zumba

## Cowichan - main Biometric Health Screening Clinic

Cowichan Main  
Wed, Nov 28  
10am-2pm  
Registration  
Required

# ATHLETICS

Building Champions  
250.740.6402



gomariners.viu.ca  
@VIUmariners

\*Island Rivalry dates

## HOME GAMES

### SOCCER

DATE	OPPONENT	WOMEN	MEN
Sat, Sept 15	Douglas	12noon	2:30pm
Sun, Sept 16	Douglas	12noon	2:30pm
Sat, Sept 22	Langara	12noon	2:30pm
Sun, Sept 23	Langara	12noon	2:30pm
Sat, Oct 20	Capilano	12noon	2:30pm
Sun, Oct 21	Capilano	12noon	2:30pm

### BASKETBALL

DATE	OPPONENT	WOMEN	MEN
Sat, Nov 3	Okanagan C	1pm	3pm
Fri, Nov 16	Langara	6pm	8pm
Sat, Nov 17	CBC	1pm	3pm

### VOLLEYBALL

DATE	OPPONENT	WOMEN	MEN
Fri, Oct 19	CBC	6pm	8pm
Sat, Oct 20	CBC	1pm	3pm
Fri, Nov 9	Douglas	6pm	8pm
Sat, Nov 10	Douglas	1pm	3pm
Sat, Nov 24	Camosun	1pm	3pm*

### PACWEST GOLF CHAMPIONSHIP

Oct 5, 6 & 7 Nanaimo Golf Club

# INTRAMURAL SPORTS

Fun, competitive, interactive! A safe and organized way to enjoy programs focused on social and leisure activities.

shane.hyde@viu.ca or 250.740.6405

## LEAGUES

### Co-Ed Volleyball

Mondays, 5:30 - 10:30pm  
VIU Gym  
Sept 17 - Nov 26

### 5-on-5 Basketball

Tuesdays 8:30 - 10:30pm  
VIU Gym  
Sept 18 - Nov 27

### 5-on-5 Indoor Soccer

Wednesdays,  
6:30 - 10:30pm  
VIU Gym  
Sept 19 - Nov 28

### League Fees

\$30 Student  
\$60 Non-Students

Registration deadline for tournaments/special events: Wednesday prior to the event at 3pm

## SPECIAL EVENTS/LEISURE ACTIVITIES

NOTE: Special Events are non-transferable and non-refundable

### Snorkel with the Seals

\$80  
10am - 3pm  
Meet at VIU Gym  
Sat, Sept 29

### Wildplay High Ropes Course

\$45  
10am - 3pm  
Meet at VIU Gym  
Sun, Oct 21

### Canucks Road Trip

Meet at VIU Gym  
Contact us for details

### Paintball

\$40  
10am - 3pm  
Meet at VIU Gym  
Sun, Nov 4

## TOURNAMENTS

NOTE: (+\$10 per non VIU student)

### Co-Ed Slo Pitch

\$80/team  
10am - 5pm  
Location: TBA  
Sun, Sept 30

### 5-a-side Outdoor Soccer

\$60/team  
10am - 5pm  
Location: Mariner Field  
Sun, Oct 14

### Dodgeball

\$60/team  
6:30pm - 10:30pm  
Location: VIU Gym  
Wed, Nov 21

### Ball Hockey Tournament

\$60/team  
10am - 4pm  
Location: TBA  
Sun, Nov 25

# OUTDOOR RECREATION

Fun, facilitated, outdoor based activities and adventures for all skill levels.

matt.kellow@viu.ca or 250.740.6306

## MID WEEK ACTIVITIES

### Advanced Hiking

\$20 Student/\$40 Non-student  
8am - 6pm  
Mt. Arrowsmith, Sept 7  
Mt. Moriarty, Sept 14

### Kayak Rolling Session

FREE  
4:30 - 6:30pm  
Westwood Lake, Sept 13  
\$10 Student/\$20 Non-student  
7:30 - 9:30pm  
NAC, Sept 18, Oct 23, Nov 20

### Outrigger Racing Canoe

FREE  
3 - 5:30pm  
Departure Bay Area  
Sept 18, 25, Oct 2, 9, 16

## OVERNIGHT ACTIVITIES

All activities include: transportation, all equipment, and accommodation in the listed price

### Sea Kayak the Gulf Islands

\$300 Student/\$600 Non-student  
9am - 5pm  
Gulf Island Tour, Aug 28 - 31

### Forest Platform Camping

\$20 Student/\$35 Non-student  
3pm - 8am  
Nanaimo Lakes, Sept 11 - 12

### Surfing Weekend (3 days)

\$175 Student/\$350 Non-student  
12pm - 6pm  
Ucluelet, Sept 21 - 23, Nov 2 - 3

### Indoor Rock Climbing

\$15 Student/\$25 Non-student  
(cost is per session)  
6 - 8pm, Romper Room  
Oct 24, Nov 7, 14, 21, 28

### SUP Yoga

\$20 Student/\$35 Non-student  
4:30 - 7pm, Colliery Dam  
Sept 5, 11

### Sea Kayak Monday after school

4 sessions:  
\$80 Student/\$160 Non-student  
4:30 - 7:30pm, Various Locations  
Sept 10, 17, 24, Oct 1

### Sea Kayak Thursday after school

4 sessions:  
\$80 Student/\$160 Non-student  
4:30 - 7:30pm, Various Locations  
Sept 13, 20, 27, Oct 4

### Lodge Based Sea Kayaking (4 days)

\$300 Student/\$600 Non-student  
8am - 6pm  
Discovery Islands Lodge, Oct 5 - 8

### Storm Watching/Surfing Weekend

\$250 Student/\$500 Non-student  
9am - 7pm  
Tofino, Nov 12 - 15

## WEEKEND ACTIVITIES

### Sea Kayaking

\$30 Student/\$60 Non-student  
10am - 4pm,  
Local, Sept 8, 30

### White Water Kayaking (3 sessions)

\$80 Student/\$160 Non-student  
9am - 4:30pm,  
Nanaimo River, Sept 29, Oct 13, 20

### Hiking

\$30 Student/\$60 Non-student  
8am - 7pm  
Juan de Fuca Trail, Oct 14  
Botanical Beach, Oct 27

### Sea Kayak Thursday after school

10am - 5pm  
Cowichan River, Dec 1

### Caving

\$30 Student/\$60 Non-student  
9am - 4:30pm,  
Horne Lake Caves, Oct 21, Nov 18

### Waterfall Hiking

\$15 Student/\$30 Non-student  
10am - 2pm  
Nile Falls, Oct 28  
12am - 4pm  
Christie Falls, Nov 17

### Surfing Day Trip

\$50 Student/\$100 Non-student  
7am - 7:30pm  
Tofino, Nov 10

### Stand up Paddle Board - Downwinder

\$20 Student/\$40 Non-student  
10am - 2pm,  
Local, Nov 24

### Indoor Rock Climbing

\$15 Student/\$25 Non-student  
11am - 3pm,  
Romper Room, Nov 25

### Snowshoe or Hike

\$30 Student/\$60 Non-student  
9am - 6pm,  
Local, Dec 2

### Snowshoe

\$30 Student/\$60 Non-student  
9am - 6pm,  
Forbidden Plateau, Dec 8

## EQUIPMENT RENTALS

Equipment Rentals	Price
Tent	\$20/day
Large Backpack	\$10/day
Sleeping bag	\$10/day
Sleeping pad	\$5/day
Stove + pots/cup/dish set	\$5/day
Headlamps	\$5/day
Snowshoes	\$10/day

Weekend rental rate for entire package includes all of the above (not snowshoes) for \$75/weekend. Friday pick up and Monday morning return. All equipment rents out of the Gym B190 and has to be booked in person.

