

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

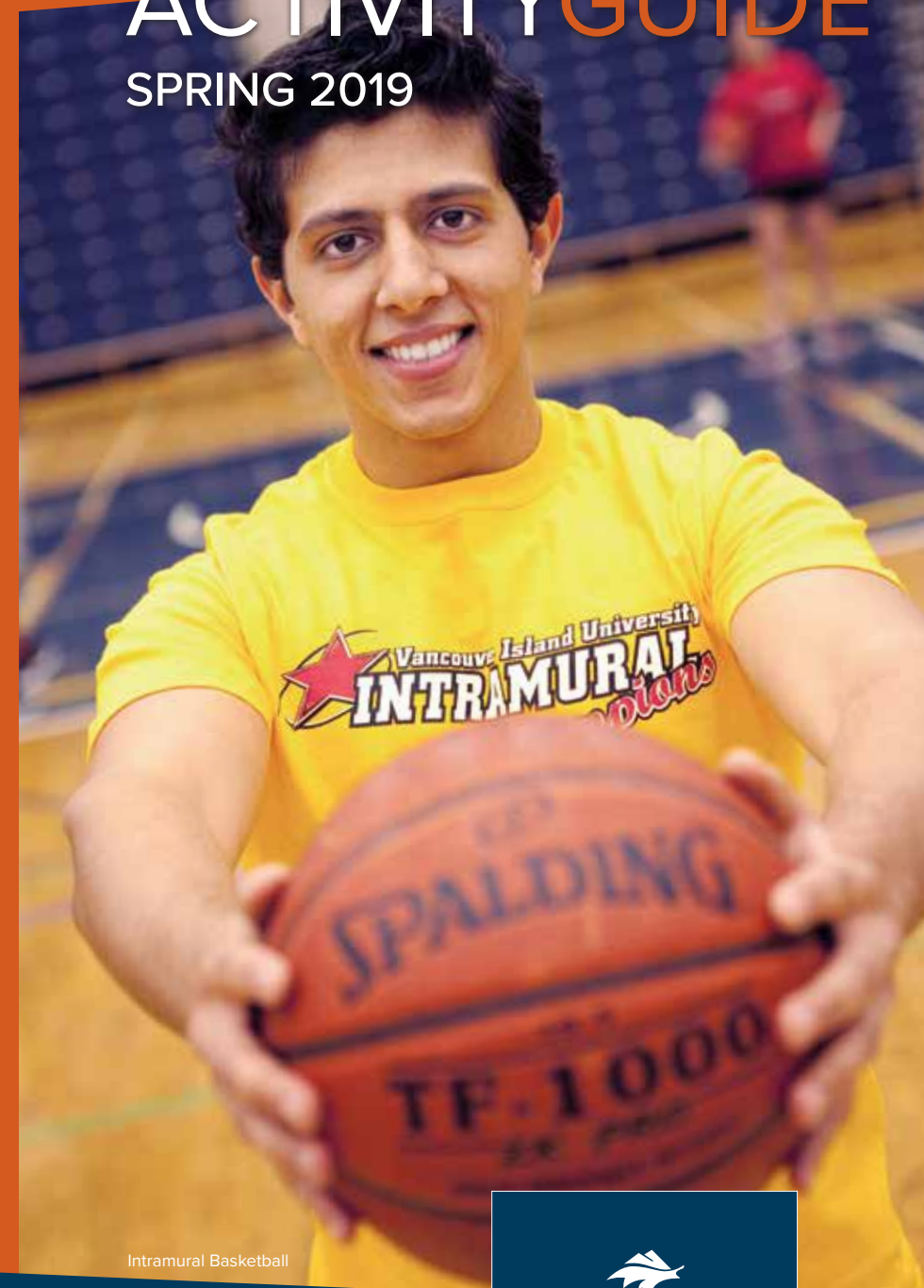
Deadline to register
for Fitness Programs
is January 24

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 SPRING 2019



Intramural Basketball



VIU.CA/CAMPUSREC

AEROBIC & STRENGTH

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

30 Mins Upper Body & Core
Mon/Wed, Jan 28 - Apr 8
6:30 - 7pm, Location: Gym/Rm 115
Instructor: Veronique/Choose2Be

45 Minute HIIT Outdoor Bootcamp
Mon/Wed, Jan 28 - Apr 8
4:15 - 5pm
Outdoor/Squash Court
Instructor: Veronique/Choose2Be

Butts & Guts
Tues/Thurs, Jan 29 - Apr 4
5:15 - 6:15pm
VIU Gym/Rm 115
Instructor: Veronique/Choose2Be

Boxing Kickboxing Basics
Mon/Wed, Jan 28 - Apr 8
4 - 5pm
VIU Gym/Rm 115
Instructor: Tomari Martial Arts

Cycle Blast
Tues/Wed, Jan 29 - Apr 3
4 - 5pm
Rm 208
Instructor: Andrew Deroschers

Full Body Circuit
Tues/Thurs, Jan 29 - Apr 4
8:15 - 9:15am
VIU Gym/Rm 115
Instructor: Cheryl Wilson

Outdoor Cross Training Bootcamp
Mon/Wed, Jan 28 - Apr 8
12 - 1pm
Outdoor/Squash Court
Instructor: Andrew Deroschers

Morning Bootcamp
Tues/Thurs, Jan 29 - Apr 4
7 - 8am
VIU Gym/Rm 115
Instructor: Andrew Deroschers

Sunrise Cycle
Tues/Thurs, Jan 29 - Apr 4
7 - 8am
Rm 208
Instructor: Cheryl Wilson

Spin & Core!
Tues/Thurs, Jan 29 - Apr 4
12 - 1pm
Rm 208
Instructor: Andrew Deroschers

Spin it Out!
\$55 Students/\$85 Non-student
Wed, Jan 30 - Apr 3
9 - 10am
Rm 208
Instructor: Cheryl Wilson

Women's Kickboxing/Street Self Defense
Tues/Thurs, Jan 29 - Apr 4
4 - 5pm
VIU Gym/Rm 115
Instructor: Tomari Martial Arts



Spin Cycle

Biometric Screening Clinic
Wed, March 13 2019
10am - 2pm
Bldg 300, Rm 401
Register or drop in

MIND & BODY

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

Mobility & Flexibility Yoga
Thurs, Jan 31 - Apr 4
6:30 - 7:25pm, Location: Gym/Rm 115
Instructor: Veronique/Choose2Be

Power Yoga
Mon, Jan 28 - Apr 8
12 - 1pm, Location: Gym/Rm 115
Instructor: Laura Timmermans

Rise and Shine Yoga
\$65 Students/\$95 Non-student
Mon/Wed, Jan 28 - Apr 8
7 - 8am, Location: Gym/Rm 115
Instructor: Andrew Deroschers

Yoga Pilates
Tues, Jan 29 - Apr 2
12 - 1pm, Location: Gym/Rm 115
Instructor: Angelina McNamee

Vinyasa Yoga
\$65 Students/\$95 Non-student
Tues/Thurs, Jan 29 - Apr 4
4:05 - 5:05pm, Location: Squash Courts
Instructor: Veronique/Choose2Be

Yoga Core
Thurs, Jan 31 - Apr 4
12 - 1pm, Location: Gym/Rm 115
Instructor: Angela McNamee

Yin Yoga
Tues, Jan 28 - Apr 8
6:30 - 7:25pm, Location: Gym/Rm 115
Instructor: Veronique/Choose2Be

DANCE

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

Hip Hop Bootcamp
Tues/Thurs, Jan 29 - Apr 4
7:30 - 8:30pm, Location: Gym/Rm 115
Instructor: Dominique Saab-Son

MTV Jazz Dance
Mon/Wed, Jan 28 - Apr 8
7:30 - 8:30pm
Location: Gym/Rm 115
Instructor: Danielle Castle

Zumba
Mon/Wed, Jan 28 - Apr 8
5:15 - 6:15pm, Location: Gym/Rm 115
Instructor: Veronique/Choose2Be



Yoga

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

FREE

Personal Training Instruction

Bldg 190, Weight Room
Jan 28 - Apr 4
Mon-Thurs | 2:45 - 3:45pm
Don Arnott
Tomari Martial Arts
Tues/Thurs | 7:30 - 8:30pm
Veronique Rioux
Choose2Be

Certification Courses

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

Spring 2019 CanFit Pro-Fitness Instructor Specialist Certification

Jan 18 - 20, 2019/ June 21 - 23, 2019
12-9/8:30-5:3-/8:30-5:30

Vinyasa Yoga Teacher Training Certification

April 19 - June 3, 2019
Times: TBA

Visit choose2be.ca for more info

ATHLETICS

Building Champions
250.740.6402



gomariners.viu.ca
@VIUmariners



*Island Rivalry dates

HOME GAMES

BASKETBALL

DATE	OPPONENT	WOMEN	MEN
Jan 11	Capilano	6pm	8pm
Jan 12	Capilano	1pm	3pm
Jan 31	Douglas	6pm	8pm
Feb 1	Douglas	2pm	4pm
Feb 16	Camosun*	5pm	7pm

VOLLEYBALL

DATE	OPPONENT	WOMEN	MEN
Jan 4	Capilano	6pm	8pm
Jan 5	Capilano	1pm	3pm
Jan 25	UFV	6pm	8pm
Jan 26	UFV	1pm	3pm
Feb 7	COTR	6pm	8pm
Feb 8	COTR	6pm	8pm
Feb 15	Camosun*	6pm	8pm

HOCKEY

DATE	OPPONENT	WOMEN	MEN
Jan 5	UVIC		7:15pm
Jan 19	SFU		7:15pm
Jan 26	Trinity Western U		7:15pm
Feb 2	Trinity Western U		7:15pm
Feb 15	SFU		7:15pm
Feb 16	Trinity Western U		7:15pm

BADMINTON

Feb 9/10 University/College Championships

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
Jan 21 - Apr 1

5-on-5 Basketball

Tuesdays 8:30 - 10:30pm
VIU Gym
Jan 22 - Apr 2

Indoor Soccer

Wednesdays, 6:30 - 10:30pm
VIU Gym
Jan 23 - Apr 3

5-on-5 Road Hockey

\$40 Students/\$70 Non-student
Thursdays, 6:30 - 9:30pm
Barsby
Jan 24 - Apr 4

TOURNAMENTS

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

Dodgeball

\$60/team (10 teams)
6:30 - 10:30pm
VIU Fields
Wed, Feb 13

5 on 5 Road Hockey

\$60/team (8 teams)
10am - 5pm
Location: TBA
Sat, Mar 10

5-a-side Outdoor Soccer

\$60/team (8 teams)
10am - 5pm
VIU Fields
Sat, Mar 16

Co-Ed Slo-Pitch

\$80/team (8 teams)
10am - 5pm
Wheatsheaf
Sun, Mar 17

SPECIAL EVENTS/LEISURE ACTIVITIES

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

Paintball

\$40 (30 people)
10am - 3pm
Meet at VIU Gym
Sun, Feb 10

Canucks Road Trip

\$100/\$150 (34 upper, 18 lower)
Meet at VIU Gym
10am - 10pm
Sun, Jan 13

Mt Washington Ski/Snowboard Trip

\$75 (20 people)
Meet at VIU Gym
7am - 7pm
Fri, Feb 1

The VIU Amazing Race

\$150/team (12 teams)
9:30am - 6pm
Meet at VIU Gym
Sat, Apr 6

League Fees
\$30 Student
\$60 Non-Students

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

OUTDOOR RECREATION

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

matt.kellow@viu.ca or 250.740.6306

MID WEEK ACTIVITIES

Kayak Rolling

\$10 Student/\$20 Non-student
8 - 9pm
Nanaimo Aqua Centre
Jan 22, Feb 19, Mar 19

Indoor Rock Climbing

\$15 Student/\$25 Non-student
6 - 8pm
Romper Room
Jan 16, 23, 30, Feb 6, 13, 20

Night Skiing

\$35 Student/\$45 Non-student
2 - 10:30pm
Mt Washington
Mar 29

River Rafting

\$35 Student/\$70 Non-student
1 - 6pm
Nanaimo River
Apr 12

OVERNIGHT ACTIVITIES

Activities include: transportation, all equipment, and accommodation in the listed price. Please note that overnight activities are non-transferable and non-refundable.

How to build snow shelters

\$30 Student/\$60 Non-student
10 - 11:30am
Mt Washington
Feb 2-3

Storm Watching Weekend (2 days)

\$50 Student/\$100 Non-student
12 - 6pm
Ucluelet
Feb 16-17

Surfing Spring Break Intensive (4 days)

\$250 Student/\$400 Non-student
8am - 6pm
Ucluelet
Feb 25 - 28

Surfing Weekend (3 days)

\$175 Student/\$350 Non-student
12 - 6pm
Ucluelet
Mar 22 - 24

Canoe Adventure (3 days)

\$75 Student/\$150 Non-student
9am - 5:30pm
Quadra Island
Apr 5 - 7

LEADERSHIP AND CERTIFICATION

Activities include: transportation and equipment in the listed price

Raft Guides Course (BCROA)

\$400 Student/\$650 Non-student
8:30am - 5pm
Nanaimo
Apr 29 - May 5

Sea Kayak Level 1 (SKGABC certification)

\$400 Student/\$650 Non-student
8:30am - 5pm
Nanaimo
May 7 - 11

WEEKEND ACTIVITIES

Snowshoe

\$30 Student/\$50 Non-student
9am - 5:30pm,
Mt Washington, Dec 8, Mar 30
Forbidden Plateau
Jan 12, Mar 3

Waterfall Hiking

\$15 Student/\$30 Non-student
10am - 3:30pm,
Rosewall Falls
Jan 13

Cross Country Skiing

\$30 Student/\$50 Non-student
8am - 5:30pm,
Mt Washington
Jan 19, Feb 10, Mar 10

Indoor Rock Climbing

\$15 Student/\$20 Non-student
11am - 3pm,
Romper Room
Jan 27

Hiking

\$30 Student/\$50 Non-student
8am - 7pm,
Juan de Fuca Trail, Feb 9
Botanical Beach
Mar 9

Sea Kayaking

\$30 Student/\$60 Non-student
10am - 4pm,
Nanaimo,
Mar 31

River Rafting

\$35 Student/\$70 Non-student
9am - 3:30pm,
Nanaimo River, Apr 13, 14

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.

