

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

Deadline to register  
for Fitness Programs  
is January 18

# 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 2018



Hiking Juan de Fuca



## AEROBIC & STRENGTH

\$65 Student Price/ \$80 Non-Student \*unless indicated below

### 45 Minute HIIT Outdoor Bootcamp

Mon/Wed, Jan 22 - Apr 2  
4:15 - 5pm

Outdoor/Squash Court

Instructor: Veronique/Choose2Be

### Butts & Guts

Tues/Thurs, Jan 23 - Mar 29

5:15 - 6:15pm, Location: Gym/Rm 115

Instructor: Veronique/Choose2Be

### Boxing Kickboxing Basics

Mon/Wed, Jan 22 - Apr 2

4 - 5pm, Gym/Rm 115

Instructor: Tomari Martial Arts

### Outdoor Cross Training Bootcamp

Tues/Thurs, Jan 23 - Mar 29

12 - 1pm,

Outdoor/Squash Courts

Instructor: Andrew Desrochers

### Sunrise Cycle

\$45 Students/\$60 Non-student

Tues/Thurs, Feb 6 - Mar 29

7 - 8am,

Gym/Rm 208

Instructor: Cheryl Wilson

### Spin & Core at Noon!

Mon/Wed, Jan 22 - Apr 2

12 - 1pm,

Gym/Rm 208

Instructor: Andrew Desrochers



Spin Cycle Class

### Spin it Out!

\$25 Students/\$40 Non-student

Wed, Feb 7 - Mar 28

9 - 10am,

Gym/Rm 208

Instructor: Cheryl Wilson

### Women's Kickboxing/ Street Self Defense

Tues/Thurs, Jan 23 - Mar 29

4 - 5pm, Gym/Rm 115

Instructor: Tomari Martial Arts

## Certification Courses

Instructor: Choose2Be/Veronique Rioux

VIU Nanaimo Campus

Friday/Saturday/Sunday

### CanFit Pro Fitness Instruction Specialist Certification

June 1 - 3, 2018

Early Bird Member Rate \$509/  
Non-Member \$607

Regular Member Rate \$544/  
Non-Member Rate \$642

### 200 Hour Vinyasa Yoga Teacher Training Certification

Mar 30 - May 20, 2018

Early Bird Price

Student \$1750/Non-Student \$1950  
if registration is before Jan 31, 2018

Student \$1900/Non-Student \$2100  
if registration is after Jan 31, 2018

**FREE**  
Fitness Week  
April 3 - 5

**No Classes**  
Feb 12, 26-28  
Mar 1-2

## MIND & BODY

\$55 Student Price/ \$70 Non-Student \*unless indicated below

### 30 Mins Pilates Core Plus

Mon/Wed, Jan 22 - Apr 2

6:30 - 7pm, Location: Gym/Rm 115

Instructor: Veronique/Choose2Be

### Mobility & Flexibility Yoga

Thurs, Jan 25 - Mar 29

6:30 - 7:30pm, Location: Gym/Rm 115

Instructor: Veronique/Choose2Be

### Rise and Shine Yoga

Tues/Thurs, Jan 23 - Mar 29

7 - 8am, Location: Gym/Rm 115

Instructor: Laura Timmermans

### Yoga Pilates

Tues, Jan 23 - Mar 27

12 - 1pm, Location: Gym/Rm 115

Instructor: Angelina McNamee

### Vinyasa Yoga

Tues/Thurs, Jan 23 - Mar 29

4:05 - 5:05pm, Location: Squash Courts

Instructor: Veronique/Choose2Be

### Yoga Core

Thurs, Jan 25 - Mar 29

12 - 1pm, Location: Gym/Rm 115

Instructor: Angelina McNamee

### Yin Yoga

Tues, Jan 23 - Mar 27

6:30 - 7:30pm, Location: Gym/Rm 115

Instructor: Veronique/Choose2Be

## DANCE

### Bellydance

Mon, Jan 22 - Apr 2

7:10 - 8:10pm, Location: Gym/Rm 115

Instructor: Veronique/Choose2Be

### Afternoon Zumba

Mon/Wed, Jan 22 - Apr 2

5:15 - 6:15pm, Location: Gym/Rm 115

Instructor: Veronique/Choose2Be

### Zumba (at Noon)

Mon/Wed, Jan 22 - Apr 2

12 - 1pm, Location: Gym/Rm 115

Instructor: Lorena Gonzales Beutler



Afternoon Zumba

**FREE**  
Health & Wellness  
Programs

Check  
[viu.ca/campusrec](http://viu.ca/campusrec)  
for details

**Biometric  
Screening Clinic**

March 14, 2018  
Blg 300, Rm 401

## OUR VISION

VIU Campus Rec endeavours to engage students in the campus community and encourage involvement in activities that foster meaningful connections, healthy practices and holistic learning.

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

## HOW TO REGISTER

Register online at:  
[viu.ca/campusrec/registration.asp](http://viu.ca/campusrec/registration.asp)

Gym Hours:  
Mon-Fri 6:30am – 10:30pm  
Sat & Sun 10am – 6pm

Contact Campus Rec Staff:  
Email: [Gym@viu.ca](mailto:Gym@viu.ca)  
Phone: 250.740.6418

Please be aware of our refund policy and check [viu.ca/campusrec](http://viu.ca/campusrec) for a detailed description prior to registration.

VIU Campus Rec

@VIUCampusRec



# ATHLETICS

Building Champions  
250.740.6402



VIU Mariners hosting 2018 PACWEST Basketball Championships March 1 - 3



gomariners.viu.ca  
@VIUmariners

\*Island Rivalry dates

## HOME GAMES

VOLLEYBALL (HOME)		Women	Men
Fri, Jan 12	CBC	6pm	8pm
Sat, Jan 13	CBC	1pm	3pm
Sat, Jan 27	COTR	6pm	8pm
Sun, Jan 28	COTR	11pm	1pm
Fri, Feb 9	Douglas	6pm	8pm
Fri, Feb 10	Douglas	1pm	3pm
*Fri, Feb 16	Camosun	6pm	8pm
*Sat, Feb 17	Camosun	1pm	3pm

BASKETBALL (HOME)		Women	Men
Fri, Jan 5	Langara	6pm	8pm
Sat, Jan 6	Langara	1pm	3pm
Fri, Jan 19	CBC	6pm	8pm
Sat, Jan 20	CBC	1pm	3pm
Fri, Feb 2	Quest	6pm	8pm
Sat, Feb 3	Quest	1pm	3pm

HOCKEY (HOME)		Women	Men
Sat, Jan 6	Simon Fraser U		8pm
Sat, Jan 13	Eastern Wash. U		8pm
Sun, Jan 14	South Isle Knights (exh)	10:30am	Fuller Lake
Sat, Jan 20	Powell River Regals (exh)	2pm	
Sat, Jan 27	U Victoria		8pm
Sat, Feb 3	Eastern Wash. U		8pm
Sun, Feb 4	U Victoria	11:30am	
	Lake Cowichan Sports Complex		
Sat, Feb 10	Selkirk College		8pm
Sat, Feb 17	Eastern Wash. U		11:30am
	Lake Cowichan Sports Complex		
Sat, Feb 24	Trinity Western U		8pm

# 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

<b>Volleyball</b> Mondays 5:30 - 10:30pm Jan 22 - Apr 9	<b>Indoor Soccer</b> Wednesdays, 6:30 - 10:30pm Jan 24 - Apr 11
<b>3-on-3 Basketball</b> Tuesdays 8:30 - 10:30pm Jan 23 - Apr 10	

League Fees  
\$25 Student  
\$50 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

<b>Paint Ball</b> \$40 includes 300 rounds/gear 10am - 3pm Central Island Paintball Sun, Feb 4	<b>Vancouver Canucks Roadtrip</b> Upper bowl: \$150 Lower bowl: \$100 *includes transportation, ferry, ticket 8am - 7pm Sat, Mar 31
<b>Mount Washington Ski/Snowboard trip</b> \$65 includes transportation, lift, lesson (not including rentals) 6am - 8pm Fri, Mar 2	<b>Snorkeling with the Seals</b> \$80 students/staff *\$10 extra per Non-student 10am - 3pm, Sundown Diving Sat, Apr 7

## TOURNAMENTS

<b>Poker Tournament</b> \$10 Student/\$20 Non-student 6:30 - 10:30pm Location: Cafeteria Thur, Feb 7	<b>Dodge Ball</b> \$60 Team 6:30 - 10:30pm, VIU Gym Wed, Feb 21
<b>Floor Hockey</b> \$60 Team *\$10 extra per Non-student 10am - 4pm Sun, Feb 11	<b>5-a-side Outdoor Soccer</b> \$60 Team/*\$10 extra per Non-student 10am - 4pm, Mariner Field Sun, Mar 4
	<b>Slo-Pitch</b> \$60 Team/*\$10 extra per Non-student 10am - 4pm, Wheatsheaf Sun, Apr 8

# OUTDOOR RECREATION

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

matt.kellow@viu.ca or 250.740.6306

## MID WEEK ACTIVITIES

<b>Kayak Rolling Sessions</b> \$5 Student/\$10 Non-student 7:30pm - 9:30pm Nanaimo Aquatic Centre Jan 30, Feb 20, Mar 20	<b>Indoor Rock Climbing</b> \$7 Student/\$12 Non-student 6pm - 8pm, Romper Room Jan 17, 24, 30, Feb 7, 14, 21
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## LEADERSHIP AND CERTIFICATION

<b>Raft Guides Course (BCROA)</b> \$398 Student/\$598 Non-student 8:30am - 5pm, Nanaimo April 23 - 29	<b>SKGABC - Sea Kayak Level 1 Certification</b> \$398 Student/\$598 Non-student 8:30am - 5pm, Nanaimo May 21 - 25
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## OVERNIGHT ACTIVITIES

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

<b>How to build snow shelters</b> \$30 Student/\$60 Non-student 10am - 11:30am, Mt Washington Jan 20 - 21	<b>Surfing Weekend (3 days)</b> \$80 Student/\$160 Non-student 12pm - 6pm, Ucluelet Mar 16 - 18
<b>Storm Watching Weekend (3 days)</b> \$80 Student/\$160 Non-student 12pm - 6pm, Ucluelet Jan 26 - 28	<b>Canoe Adventure (3 days)</b> \$48 Student/\$98 Non-student 9am - 5:30pm, Quadra Island Mar 30 - Apr 1

**Surfing, Spring Break Learn to Surf (4 days)**  
\$214 Student/\$350 Non-student  
8am - 6pm, Ucluelet  
Feb 26 - Mar 1



## WEEKEND ACTIVITIES

<b>Snow Shoe</b> \$22 Student/\$34 Non-student 9am - 5:30pm, Mt Washington, Jan 13 Forbidden Plateau, Feb 10	<b>Indoor Rock Climbing</b> \$14 Student/\$20 Non-student 11am - 3pm, Romper Room Feb 4
<b>Waterfall Hiking</b> \$10 Student/\$18 Non-student 10am - 3:30pm Rosewall Falls, Jan 14 10am - 3:30pm Nile Falls, March 3	<b>Hiking</b> \$18 Student/\$25 Non-student 8am - 7pm Juan de Fuca Trail, Feb 11 Botanical Beach, Mar 10
<b>Avalanche Awareness 101</b> \$26 Student/\$52 Non-student 8am - 5:30pm, Mt Washington Jan 27	<b>Stand up Paddle Board</b> \$20 Student/\$30 Non-student 10am - 2:30pm, Nanaimo Feb 18
<b>Cross Country Skiing</b> \$28 Student/\$34 Non-student 8am - 5:30pm, Mt Washington Feb 3, 17	<b>Surfing Day Trip</b> \$44 Student/\$88 Non-student 7am - 7:30pm, Tofino Feb 24, Mar 4, Mar 25, Apr 8
	<b>Sea Kayaking</b> \$20 Student/\$30 Non-student 10am - 4pm, Nanaimo Mar 24

## EQUIPMENT RENTALS

Equipment Rentals	Price
Tent	\$15/day
Large Backpack	\$6/day
Sleeping bag	\$8/day
Sleeping pad	\$5/day
Stove + pots/cup/dish set	\$5/day
Headlamps	\$5/day
Snowshoes	\$8/day

Weekend rental rate for entire package includes all of the above (not snowshoes) for \$68/weekend. Friday pick up and Monday morning return. All equipment rents out of the Gym B190 and has to be booked in person.

