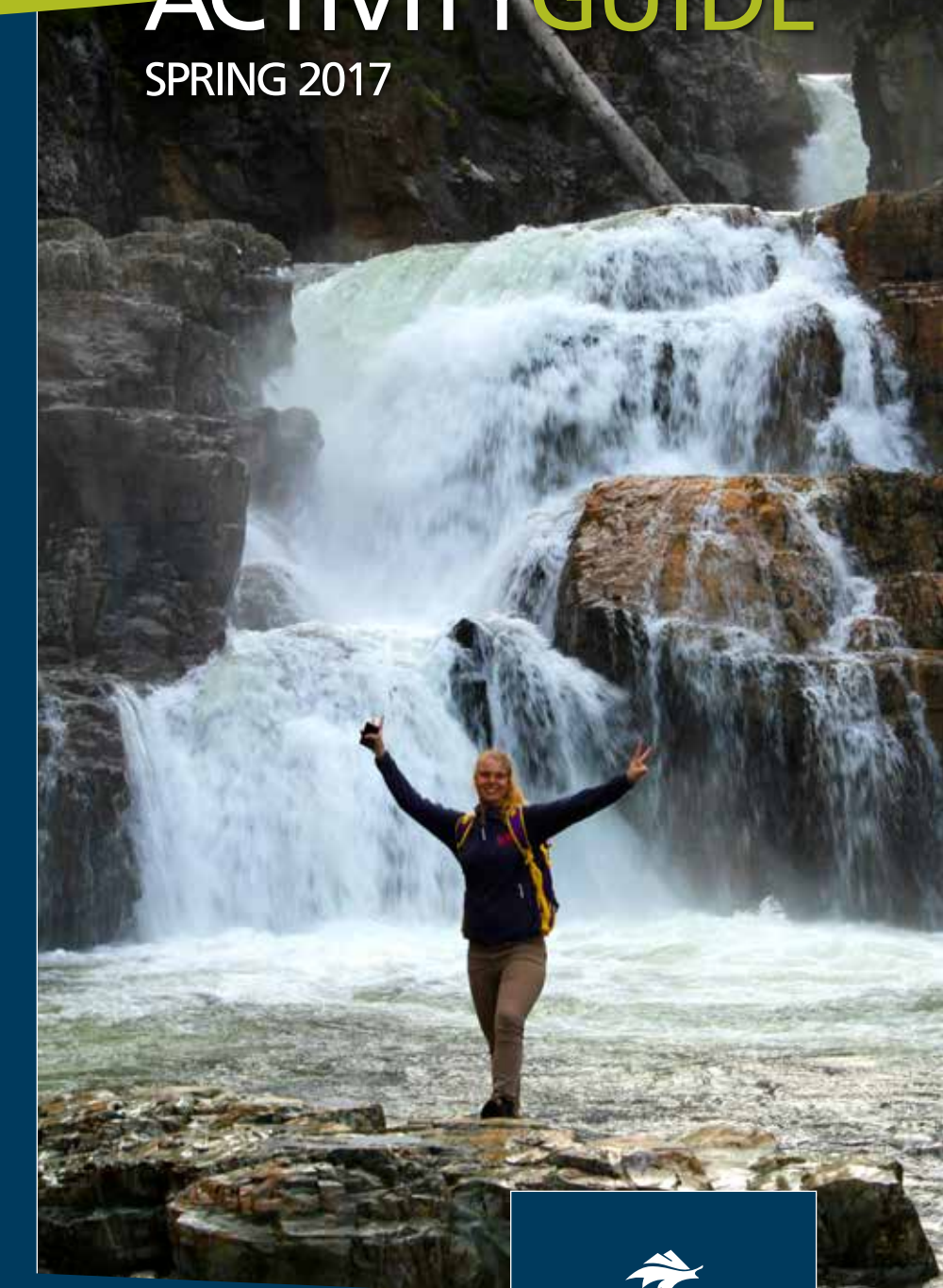


STUDENT LIFE ACTIVITY GUIDE

SPRING 2017



Fitness Class Drop-In
Student \$7/Staff \$10

Deadline to register
for Fitness Programs
is January 19

AEROBIC & STRENGTH

45 Minute Outdoor HIIT Bootcamp

\$65 Student/\$75 Staff
Mon/Wed, Jan 23 - Apr 3
4:15 - 5pm
Location: Outdoor/Squash Court
Instructor: Veronique Rioux/Choose2Be

Butts & Guts

\$65 Student/\$75 Staff
Mon/Wed, Jan 23 - Apr 3
5:15 - 6:15pm, Location: Gym/Rm 115
Instructor: Veronique Rioux/Choose2Be

Boxing Kickboxing Basics

\$65 Student/\$75 Staff
Mon/Wed, Jan 23 - Apr 3
4 - 5pm, Location: Gym/Rm 115
Instructor: Tomari Martial Arts

Cycle Blast & Core

\$55 Student/\$65 Staff
Mon, Jan 23 - Apr 3
5 - 6pm,
Location: Location: Gym/Rm 208
Instructor: Karin Kronstal

Outdoor Running with Evelina

\$20 Student/\$20 Staff
Mon/Wed, Jan 23 - Apr 3
12 - 1pm,
Location: Outdoor/ Squash Court
Instructor: Evelina Lamu

Sunrise Cycle

\$65 Student/\$75 Staff
Tues/Thurs, Jan 24 - Mar 30
7 - 8am,
Location: Location: Gym/Rm 208
Instructor: Cheryl Wilson

Women's Kickboxing/ Street Self Defense

\$65 Student/\$75 Staff
Tues/Thurs, Jan 24 - Mar 30
4 - 5pm, Location: Gym/Rm 115
Instructor: Tomari Martial Arts

Bootcamp Storm

\$65 Student/\$75 Staff
Tues/Thurs, Jan 24 - Mar 30
12 - 1pm,
Location: Outdoor/Squash Court
Instructor: Denise Bonin



FREE
Fitness Class
Drop-In
Apr 4 - 6

FREE
Hearing Test!
Wed, Feb 8,
10am - 2pm,
Registration
required.

Biometric
Screening Clinic
Wed, Mar 8, 10am - 3pm,
Blg 300, Rm 401.
Registration required.

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

MIND & BODY

30 Mins Pilates Core Class

\$55 Student/\$65 Staff
Mon/Wed, Jan 23 - Apr 3
6:30 - 7pm, Location: Gym/Rm 115
Instructor: Veronique/Choose2Be

Rise and Shine Yoga

\$65 Student/\$75 Staff
Tues/Thurs, Jan 24 - Mar 30
7 - 8am, Location: Gym/Rm 115
Instructor: Laura Timmermans

Mobility & Flexibility Yoga

\$55 Student/\$65 Staff
Thurs, Jan 26 - Mar 30
6:30 - 7:30pm, Location: Gym/Rm 115
Instructor: Veronique/Choose2Be

Pilates

\$55 Student/\$65 Staff
Tues, Jan 24 - Mar 28
12 - 1pm, Location: Gym/Rm 115
Instructor: Angelina McNamee

Vinyasa Yoga

\$65 Student/\$75 Staff
Tues/Thurs, Jan 24 - Mar 30
4:05 - 5:05pm, Location: Gym/Rm 208
Instructor: Veronique/Choose2Be

Yin Yoga

\$55 Student/\$65 Staff
Tues, Jan 24 - Mar 28
6:30 - 7:30pm, Location: Gym/Rm 115
Instructor: Veronique/Choose2Be

Yoga Core

\$55 Student/\$65 Staff
Thurs, Jan 26 - Mar 30
12 - 1pm, Location: Gym/Rm 115
Instructor: Angelina McNamee

DANCE

Zumba

\$65 Student/\$75 Staff
Tues/Thurs, Jan 24 - Mar 30
5:15 - 6:15pm, Location: Gym/Rm 115
Instructor: Veronique/Choose2Be

Bellydance

\$55 Student/\$65 Staff
Wed, Jan 25 - Mar 29
7:10 - 8:10pm, Location: Gym/Rm 115
Instructor: Veronique/Choose2Be

Strong by Zumba HIIT

\$65 Student/\$75 Staff
Mon/Wed, Jan 23 - Apr 3
12 - 1pm, Location: Gym/Rm 115
Instructor: Lorena Gonzales Beutler

INFORMATION

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



Health & Wellness Programs

- Free Fitness Classes!
- Quit Smoking Help!
- Mental Health Mondays!
- Wellness Wednesdays!
- Therapy Thursdays!
- Personal Training in the Weight Room!
- Biometric Clinic!
- Chair Massage!
- Hearing Test!
- Therapy Dogs!
- Carbon Monoxide Testing!
- Meditation!
- Dental Health!
- PACES Activity and Nutrition Tracking Challenge

Check viu.ca/campusrec for details on all Health & Wellness Programs

HOW TO REGISTER

Register online at:
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
Phone: 250.740.6418

Stephanie White

Director High Performance Sport,
Recreation and Physical Literacy
250.740.6402
Stephanie.White@viu.ca

Danielle Hyde

Manager, Sports Facilities
and Campus Recreation
250.740.6431
Danielle.Hyde@viu.ca

Please be aware of our refund policy and check viu.ca/campusrec for a detailed description prior to registration.



VIU Campus Rec



@VIUCampusRec



VANCOUVER ISLAND
UNIVERSITY

ATHLETICS

Building Champions
250.740.6402



Congratulations to the 2016 PACWEST Provincial Champions - VIU Women's Soccer!



gomariners.viu.ca
@VIUmariners

Coming in the fall of 2017... CCAA National Men's Soccer Championships!

VIU Mariners are proud to host the 2017 PACWEST Volleyball Championships
Thur - Sat
Feb 23-25



*Island Rivalry dates

HOME GAMES

Basketball		Women	Men
Fri, Jan 6	Quest U	6pm	8pm
Sat, Jan 7	Langara C	1pm	3pm
Fri, Jan 27	Columbia Bible C	6pm	8pm
Fri, Feb 10	Capilano U	6pm	8pm
Sat, Feb 11	Douglas C	1pm	3pm
Thu, Feb 16	Camosun C	6pm	8pm*

Volleyball		Women	Men
Fri, Jan 20	Columbia Bible C	6pm	8pm
Sat, Jan 21	Columbia Bible C	1pm	3pm
Fri, Feb 3	Capilano U	6pm	8pm
Sat, Feb 4	Capilano U	1pm	3pm
Sat, Feb 18	Camosun C	5pm	7pm*

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

Volleyball Mondays 6:30 - 10:30pm Jan 16 - Apr 3	Indoor Soccer Wednesdays 6:30 - 10:30pm Jan 18 - Apr 5
3-on-3 Basketball Tuesdays 8:30 - 10:30pm Jan 17 - Apr 4	

TOURNAMENTS

Dodgeball \$60/team *\$10 extra per non-student 6:30pm - 10:30pm Location: VIU Gym Wed Feb 15	Road Hockey \$60 team *\$10 extra per non-student 10am - 4pm Location: Residence Court Sun Mar 5
5-a-side Outdoor Soccer \$60/team *\$10 extra per non-student 10am - 4pm Location: Mariner Field Sat Mar 4	Slo-Pitch \$60/team *\$10 extra per non-student 10am - 4pm Location: The Wheatsheaf Sat Mar 18

SPECIAL EVENTS/LEISURE ACTIVITIES

Vancouver Canucks Road Trip \$140 Upper Bowl, \$100 Lower Bowl 8am - 7pm *includes transportation, ferry and game ticket Sun Jan 15	Snorkel with the Seals Student \$75/\$85 Staff, 10am - 3pm Sat Apr 2
Paintball \$40 Student/\$50 Staff, 10am - 3pm *includes 300 rounds & gear Sun Feb 5	The VIU Amazing Race \$125/team (team of five) 10am - 4pm Sat Apr 8
Mt Washington Ski/Snowboard Trip Student \$65/\$85 Staff, 7am - 4pm Fri Mar 3	

League Fees
\$25 Student
\$50 Non-Students

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



OUTDOOR RECREATION

Fun, facilitated outdoor based activities—open to all skill levels.
matt.kellow@viu.ca or 250.740.6306



DAY ACTIVITIES

Snow Shoe \$22 Student/\$32 Non-student 9:00am - 5:30pm, Mt Washington Jan 7, Feb 11, Mar 18	Hiking \$18 Student/\$25 Non-student 8:00am - 7:00pm, Juan de Fuca Trail Feb 12 Botanical Beach Mar 11
Waterfall Hiking \$10 Student/\$18 Non-student 10:00am - 3:30pm, Rosewall Falls Jan 8 10:00am - 2:00pm, Christie Falls Feb 5 10:00am - 2:00pm, Nile Creek Mar 5	Standup Paddle Board \$20 Student/\$30 Non-student 10:00am - 2:30pm, Nanaimo Feb 25, Mar 19
Avalanche Awareness \$30 Student/\$45 Non-student 8:00am - 5:30pm, Mt Washington Jan 14	Surfing Day Trip \$42 Student/\$52 Non-student 7:00am - 7:30pm, Tofino Feb 26, Mar 4, Mar 26, Apr 15
Indoor Rock Climbing \$14 Student/\$22 Non-student 11:00am - 3:00pm, Romper Room Jan 15	Sea Kayaking \$20 Student/\$30 Non-student 10:00am - 4:00pm, Nanaimo Mar 25, Apr 16
Cross Country Skiing \$28 Student/\$45 Non-student 8:00am - 5:30pm, Mt Washington Feb 4, 18, Mar 12	The VIU Amazing Race \$125/team (of five ppl) 10:00am - 4:00pm, Nanaimo Sat Apr 8

Outdoor Equipment Gear Rental Now Available!
Snowshoes, tents, sleeping bags, stoves and more...



WEEKEND ACTIVITY

How to build snow shelters \$22 Student/\$35 Non-student 10:00am - 11:30pm, Mt Washington Jan 21 - 22	Surfing Spring Break Intensive \$198 Student/\$350 Non-student 8:00am - 5:30pm, Tofino Feb 20 - 23
Storm Watch Weekend \$56 Student/\$98 Non-student 9:00am - 5:00pm, Tofino Jan 28 - 29	3 Day Canoe Adventure \$48 Student/\$98 Non-student 8:00am - 5:30pm, Quadra Island March 31 - Apr 2

MID WEEK ACTIVITY

Kayak Rolling - FREE \$5 Student/\$10 Non-student 7:30pm - 10:00pm, Beban Park pool Jan 30, Feb 27, March 13
Tuesday Evening Rock Shuttle \$7 Student/\$15 Non-student 6:00pm - 8:00pm, Romper Room Jan 17 - Feb 14



LEADERSHIP AND CERTIFICATION

Sea Kayaking Level 1 (SKGABC certification) \$398 Student/\$548 Non-student 8:30pm - 5:00pm, Nanaimo May 1 - 5
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