



All genders are encouraged and welcome to participate in all Recreation programming and activities.

GLOW WEEK JANUARY 14-17

Glow is going to be "lit". From January 14-17 cover yourself in glow sticks, UV paint, and neon-splattered shirts, and illuminate under the black lights. This will be the year of the GLOW—powered by Neon Spin Classes, Glow Zumba, Glow in the Dark Dodgeball, and a Yoga Rave. Visit the Recreation Services front desk or <https://ca.apm.activecommunities.com/bcitrecreation/Home> to register. #lets glowcrazy

REC WEEK JANUARY 21-25

FREE TRIAL

Try all of our classes during Free Trial Week January 21-25. Register at the Recreation Services front desk on a first come, first served basis until all spots are filled.

CLASS SCHEDULE

Check out bcit.ca/recreation/classes for full class and fitness schedules, or speak with a representative at the Recreation Services front desk. Register for all classes by Friday, January 25. No classes on Stat Holidays.

FLEX PASSES

Flex Passes provide an excellent opportunity for those with a busy schedule to mix and match classes, fitness, and pilates. Visit the Recreation Services front desk for more information or to purchase your pass.

INTRAMURAL REGISTRATION

Team registration forms can be picked up at the Recreation Services front desk from January 21-24. Singles can sign up at the Recreation Services front desk. Forms and fees will be accepted only during assigned date of registration. Please see Intramural Schedule on the next page for times and dates. Every registration is followed by a mandatory team captain meeting.

INTRAMURAL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
*CO-ED VOLLEYBALL 5:30pm – 8:00pm Gymnasium Team Fee \$80 Registration: Monday, Jan 21 5:45pm	DODGEBALL 5:30pm – 8:00pm Gymnasium Team Fee \$120 Registration: Tuesday, Jan 22 5:45pm	FUTSAL 2:30pm – 6:00pm Gymnasium Team Fee \$120 Registration: Wednesday, Jan 23 2:45pm	BASKETBALL 3 V 3 5:30pm – 8:00pm East Gymnasium Team Fee \$80 Registration: Thursday, Jan 24 5:45pm
		*CO-ED FUTSAL 2:30pm – 6:00pm Gymnasium Team Fee \$120 Registration: Wednesday, Jan 23 2:45pm	NON-CONTACT FLOOR HOCKEY 5:30pm – 8:00pm Gymnasium Team Fee \$120 Registration: Thursday, Jan 24 6:00pm
*Two self-identifying females on the court at all times.		*Two self-identifying females on the court at all times.	

THE FRIDAY FRAY

BCIT Recreation Services will be hosting tournaments and/or events on Fridays throughout the term. These one-day tournaments and events let you experience the intramural atmosphere without the full, 10-week commitment. For more information, visit the Recreation Services front desk.

HOURS OF OPERATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM	6:00am – 5:00pm	6:00am – 5:00pm	6:00am – 2:00pm	6:00am – 5:00pm	6:00am – 7:00pm		
DROP-IN	CLIMBING WALL 4:30pm – 7:30pm		ARCHERY 2:30pm – 4:15pm			FUTSAL/ MULTI-SPORT 9:00am – 12:30pm	BADMINTON/ MULTI-SPORT 9:00am – 12:30pm
			CLIMBING WALL 2:30pm – 7:30pm BOXING STUDIO 2:30pm – 4:30pm		BOXING STUDIO 4:00pm – 7:00pm	BASKETBALL 1:00pm – 4:00pm	BASKETBALL 1:00pm – 4:00pm
WEEK DAY DROP-IN starts January 21. Drop-in schedule subject to change.							
FITNESS CENTRE		6:00am – 8:30pm			6:00am – 7:00pm	9:00am – 4:00pm	
Building closed 30 mins after Fitness Centre closure.							

[bcit.recreation](https://www.facebook.com/bcit.recreation) |
 [@bcitrecservices](https://twitter.com/bcitrecservices) |
 [bcitrec](https://www.instagram.com/bcitrec) |
 [@bcitrec](https://www.snapchat.com/add/bcitrec) |
 [Bcit Recreation](https://www.youtube.com/BcitRecreation)

bcit_recreation@bcit.ca | bcit.ca/recreation

For details about our refund policy, visit our website.



MIND AND BODY STUDIO – 186

This tranquil studio has everything you need to unwind, focus, and practice finding your calm. Join one of our weekly Yoga or Pilates classes to find balance and destress. Mats, bolsters, blocks, and blankets are all included. Find session times at bcit.ca/recreation/classes.



ARCHERY – 171

Develop or hone existing skills in our drop-in archery program. No equipment? We have everything you need to wrap up your day with some time in the range. Choose from multiple targets to challenge yourself at any level.



THE CYCLE SPACE – 185

This newly renovated cycle space features 20 top of the line M3i Spin Bikes complete with Bluetooth technology that tracks your ride and lets you interact with your instructor by downloading the Keiser M3i M series app on your device. We offer classes from beginner to technical target group rides, and all classes are wheelchair accessible. #BCITCYCLE



THE ACTIVITY ROOM – 171

This 2,500 sq ft air conditioned studio space plays host to the 20 diverse classes we offer. From Group Fitness classes like Core Control and Kung Fu, to dance classes like Zumba, you're sure to find something that gets you moving. Check out bcit.ca/recreation/classes to find the weekly group class for you.



BOXING STUDIO – 184

We are proud to offer a newly designed exclusive boxing and MMA training studio, complete with heavy bags, speed bags, agility bags, sparring space, and a skipping area. Available for schedule drop-in, mixed classes, introductory classes, one-on-one training with an instructor, and private rentals. Visit the Recreation Services front desk for session times and more information.



PERSONAL TRAINING

Maximizing the time you have in the gym is important. Hiring a Personal Trainer to customize a workout that meets your needs is a great way to get results and keep yourself motivated as well as accountable. Whether you are new to fitness, need a few tips to keep it interesting, or really want to advance your lifting techniques, our highly skilled trainers are here for you. Ask the front desk for more information.



CLIMBING WALL – 183

Let your stress go as you lift, push, and carry your body up. Our climbing wall is updated with new routes that cater to climbers of any experience level. Our attendants are here to support, offer tips and tricks, and help you accomplish your goal.



SQUASH COURT – 181 & 182

Whether you are new to the game or a seasoned veteran, our courts are available for hourly bookings. Feel free to chat with our staff for tips of the game. Get your cardio workout in, hone those squash skills, and challenge a friend. For a more organized and competitive structure, ask about joining the squash ladder league we host each term. We'll see you on the court.

