



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

REC GLOW WEEK (JANUARY 13-17)

Glow Week is going to be "lit". Cover yourself in glow sticks, UV paint, and neon splattered shirts, and illuminate under the black lights. Register for Glow Week to participate in our Neon Spin Classes, Glow Zumba, Glow in the Dark Dodgeball and a Yoga Rave.

Check our Facebook event page for registration details. #letsglowcrazy

REC WEEK (JANUARY 20-24)

FREE TRIAL

Try all of our classes during **Free Trial Week** January 20–24. 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 24. Classes start the week of January 27. 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 REGISTRATIONS

Team registration forms can be picked up at the Recreation Services front desk from January 6–24. Singles can sign up at the Recreation Services front desk. Completed forms and fees will be accepted any time after January 6 up to the day of the captains' meeting. Spots in the league are given out on a first-come, first-served basis.

Team captains must attend the mandatory team captains' meeting on the designated playing night. If captains or team representatives do not attend, their team will lose their spot.

INTRAMURAL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
*CO-ED VOLLEYBALL 5:45–8:00 pm Gymnasium Team Fee \$80 Captain's Meeting: Monday, Jan 20 at 5:45 pm	DODGEBALL 5:45–8:00 pm Gymnasium Team Fee \$120 Captain's Meeting: Tuesday, Jan 21 at 5:45 pm BADMINTON 5:45–8:00 pm Gymnasium Player's Meeting: Tuesday, Jan 21 at 6:00 pm Singles and Doubles leagues available. \$10.00 per person.	FUTSAL 2:45–6:00 pm Gymnasium Team Fee \$120 Captain's Meeting: Wednesday, Jan 22 at 2:45 pm *CO-ED FUTSAL 2:45–6:00 pm Gymnasium Team Fee \$120 Captain's Meeting: Wednesday, Jan 22 at 2:45 pm *One self-identifying female on the court at all times.	BASKETBALL 3 V 3 5:45–8:00 pm Gymnasium Team Fee \$80 Captain's Meeting: Thursday, Jan 23 at 5:45 pm NON-CONTACT FLOOR HOCKEY 5:45–8:00 pm Gymnasium Team Fee \$120 Captain's Meeting: Thursday, Jan 23 at 6:00 pm
*Two self-identifying females on the court at all times.			

HOURS OF OPERATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM	6:00 am–5:00 pm	6:00 am–5:00 pm	6:00 am–2:00 pm	6:00 am–5:00 pm	6:00 am–7:00 pm		
DROP-IN	CLIMBING WALL 4:30–7:00 pm		ARCHERY 2:30–4:15 pm			MULTI-SPORT 9:00 am–12:30 pm	BADMINTON/ MULTI-SPORT 9:00 am–12:30 pm
			CLIMBING WALL 2:30–7:30 pm	CLIMBING WALL 4:30–7:00 pm	BOXING STUDIO 4:00–7:00 pm	BASKETBALL 1:00–4:00 pm	BASKETBALL 1:00–4:00 pm
			BOXING STUDIO 2:30–4:30 pm				
			DANCE STUDIO 2:30–4:30 pm				
WEEK DAY DROP-IN starts January 20. Drop-in schedule subject to change.							
FITNESS CENTRE		6:00 am–8:30 pm			6:00 am–8:00 pm	8:45 am–4:00 pm	
Building closed 30 mins after Fitness Centre closure.							

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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, Pilates, or Ballet Fit classes to find balance and de-stress. Mats, bolsters, blocks, blankets, and ballet bars are all included. Find session times at bcit.ca/recreation/classes.



THE ACTIVITY ROOM — 171

This 2,500 sq ft air-conditioned, open studio space plays host to the 25 diverse classes we offer. From Group Fitness classes like TRX, Abs Class 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.



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



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.



BOXING STUDIO — 184

We are proud to offer a newly designed, exclusive boxing studio. Complete with heavy bags, speed bags, agility bags, practice space, and a skipping area. Available for scheduled drop-in, mixed classes, introductory classes or one-on-one training with an instructor. 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. Contact the Fitness and Wellness Coordinator 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 hosted each term. We'll see you on the court.

