

Holiday 2019 FITNESS CLASS SCHEDULE (EDMONTON)

EARLY REGISTRATION - PG MEMBERS ONLY for 2 days only: October 31 & November 1

Non-Pulse Generator Member Registration Begins Tuesday, November 5

Holiday SESSION: November 18 - Dec 13th

GREY NUNS COMMUNITY HOSPITAL (GNCH) 110 Youville Drive

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
THURS	BE YOU PM YOGA	4:30pm to 5:30pm	Christina	Room 0647	21-Nov	12-Dec	4	\$32

All classes are held in Room 0647, except Nov 28 which will be held in Room 0651

This Hatha Flow class balances gentle and active yoga postures, bringing strength, flexibility and mindfulness to the body. Start your evening with renewed energy and vigor. You do not need previous experience, just the desire to participate and a mat.

MISERICORDIA COMMUNITY HOSPITAL (MCH) 16940 - 87 Ave

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
THURS	MINDFUL MOVEMENT	12:05pm to 12:55pm	Kelsey	Room 204 (M. Rosalie)	21-Nov	12-Dec	4	\$32

Mindful Movement is a multi-disciplinary movement class designed for life. Yoga meets Pilates, meets resistance training assisting you in building strength, flexibility, core and balance.

ROYAL ALEXANDRA HOSPITAL (RAH) 10240 Kingsway

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
TUES	STRENGTH & CONDITIONING	12:10pm to 12:50pm	Lenore	GYMNASIUM	19-Nov	10-Dec	4	\$28

Make the most of your noon hour. Join Lenore for this energetic 40 min interval based workout. The combination of strength and cardio movements provides for a full body workout.

UNIVERSITY OF ALBERTA HOSPITAL (UAH) 8440 - 112 Street

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	A HIIT BEFORE NOON	11:30am to 12pm	Breanne	Studio 2	18-Nov	9-Dec	4	\$24
MON	KARMA YOGA	12:05pm to 12:55pm	Joan	Studio 2	18-Nov	9-Dec	4	NO CHARGE
TUES	MAT PILATES CORE	12:05pm to 12:55pm	Shareen	Studio 2	19-Nov	10-Dec	4	\$36
TUES	S2- STRENGTH & STAMINA	4:05 to 4:55pm	Lenore	Gymnasium	19-Nov	10-Dec	4	\$28
TUES	YOGA MIX - HOPE MISSION	4:30 to 5:30pm	Kelsey	Studio 2	19-Nov	10-Dec	4	\$32
WED	INTERVAL CONDITIONING	11:15am to 12pm	Breanne	Gymnasium	20-Nov	11-Dec	4	\$28
WED	SHIFT INTO YOGA	12:05 to 12:55pm	Melanie	Studio 2	20-Nov	11-Dec	4	\$32
WED	B3 - BIKE, BUILD & BURN	4:05pm to 4:55pm	Lenore	Studio 2	20-Nov	11-Dec	4	\$36
THURS	EARLY RISER SPIN	6:30 to 7:30am	Angela	Studio 2	21-Nov	12-Dec	4	\$36
THURS	C1 - FIT CYCLIST	12:05 to 12:55pm	Lenore	Studio 2	21-Nov	12-Dec	4	\$36
THURS	PM RESTORATIVE YOGA	4:30 to 5:30pm	Melanie	Studio 2	28-Nov	12-Dec	3	\$24
FRI	THIS GETS INTENSE FRIDAY	12:05 to 12:55pm	Kevin	Studio 2	22-Nov	13-Dec	4	\$28

A HIIT before noon (Breanne)

Get the HIIT you need on Monday! Intervals will be different every week, long or short intervals, various equipment used, cardio or strength focused - this class will be over before you know what HIIT you ;)

Karma Yoga (Joan/Kelsey)

This class is offered in the spirit of creating sangha or community. This offering is suitable for all abilities from those new to yoga to those fine tuning their skills.

Mat Pilates CORE (Shareen)

This multi-disciplinary movement class designed for life. Each week a fusion of pilates, yoga and resistance training will assist you in building strength, flexibility, core and balance.

S2 - Strength & Stamina (Lenore)

Join Lenore for this 50-minute interval class that combines cardio based movements with varying strength training exercises to provide a full body workout.

Yoga Mix (Kelsey) Hope Mission

With a different theme each week, combine alignment with the freedom to play, exploring both familiar and new poses. Slow down, calm your mind and open your heart.

Kelsey is donating the gift of her time for the 4 classes in this session. All proceeds will be donated to the **Hope Mission**.

Interval Conditioning (Breanne)

The 45-minute interval style class is going to be held in the gymnasium. We will be focusing on muscle strength & endurance training as well as getting our hearts pumping, using a variety of equipment.

Shift Into Yoga (Melanie)

During your lunch hour, you will be taken through a multidimensional yoga experience to relax and renew the mind, body and spirit.

B3 - Bike, Build & Burn (Lenore)

A great combo of two popular classes. 30 mins of effective interval training on the bike, followed with 20 mins of strength focused exercises to complete a full body workout. This 50 min class is designed to increase stamina, improve strength & make you sweat.

Early Riser Spin (Angela)

Are you having difficulties finding time to spin? Wake up to a heart pounding cardio spin class that will get you energized for the rest of your day.

C1 - Fit Cyclist (Lenore)

This 50 min spin class is taught road style, focusing on cycling technique. You'll tackle hills and flats working at your own pace. You'll leave the room feeling as though you have cycled to a unique destination, fitter than when you began.

PM Restorative Yoga (Melanie)

This after work yoga class is about slowing down and opening the body through passive stretches, while focusing on alignment in the "poses" and breath.

This Gets Intense Friday (Kevin)

End your work week with a smile and start the weekend with a bang! This TOTAL body workout will focus on cardio improvements and increased muscular endurance. How we do it...UP THE INTENSITY. Come ready to sweat!



NO Refunds or Transfers to any FITNESS CLASSES or PROGRAMS.

NO REFUNDS or TRANSFERS for any FITNESS CLASSES or PROGRAMS. Partial refunds may be considered in extenuating circumstances. Appropriate documentation must accompany a written request. Questions or concerns regarding fitness programming can be directed to: PGPrograms@albertahealthservices.ca