

## Spring 2020 FITNESS CLASS SCHEDULE (EDMONTON)

**EARLY BIRD DEAL FOR PG MEMBERS ONLY for 2 days only: March 5 & 6th**

**\$5 off your class fees with PROMO CODE - SPRINGEDM2020**

Non-Pulse Generator Member Registration Begins Monday March 9th

SPRING SESSION: April 6th -June 19th (No Classes - April 10th & 13th or May 18th)

**EMS - North West (EMS-NW)** 13435 149 St NW

<b>MON</b>	<b>FIT EMS - MON</b>	11:45pm-12:15pm	Lenore	EMS Fitness Room	6-Apr	15-Jun	9	\$54
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This 30 min circuit style class blends body weight movements with strength training exercises. Work at your own pace and maximize the most out of your lunch hour. Suitable for all fitness levels.

**No Class - Monday April 13 & May 18th (Victoria Long Weekend)**

**GLENROSE REHABILITATION HOSPITAL (GRH)** 10230 111 Ave NW (Glen East Building)

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
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The Pulse Generator is now offering classes at the Glenrose! There will be three "Welcome Classes" for you to come out and try prior to the kick off of the Spring Session. Please register for these free classes on our website - space is limited so sign up now to ensure your spot.

### **WELCOME CLASSES:**

**HATHA YOGA** - Monday, March 23rd **TUESDAY TRIFECTA** - Tuesday, March 24th **GET BENT - Joint Mobility & Stretch** - Friday, March 27th

All welcome classes will be held in the Gymnasium (RM #158). 12:05-12:55pm. Sign up, meet our instructors and sample some new classes. Cost: Free

<b>MON</b>	<b>HATHA YOGA</b>	12:05pm-12:55pm	Jenn	GYMNASIUM (RM# 158)	6-Apr	15-Jun	9	\$72
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This is a balanced yoga class that combines stretching and strengthening. Each week the poses will be in a different sequence. Key problem areas for most people such as hips, shoulders and spine will be worked on. Class begins with breath connection and a simple meditation, concluding with savasana, to let your body and mind rest before stepping back into your day. Make a request before class if you have a specific area you'd like to work on.

**No Class - Monday April 13 & May 18th (Victoria Long Weekend)**

<b>TUES</b>	<b>TUESDAY TRIFECTA</b>	12:05pm-12:55pm	Christina	GYMNASIUM (RM# 158)	7-Apr	16-Jun	11	\$88
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A combination of strength training, core, and yoga; this total body workout will combine strength, mobility, and mindfulness, all during your lunch hour. This class is appropriate for all fitness levels.

<b>FRI</b>	<b>GET BENT - Joint Mobility &amp; Stretch</b>	12:05pm-12:55pm	Terry	GYMNASIUM (RM# 158)	17-Apr	19-Jun	5	\$35
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In this class we will explore various movement and rotational patterns to enhance joint function, range of motion and strength. Through regular, active full range movement we can promote joint health and longevity in our hips, shoulders, spine and more.

**\*This class runs every second Friday. Mark your calendar - class dates: April 17th; May 1st, 15, 29; June 12**

<b>ALL CLASS PASS</b> - This pass provides members with access to all three classes at the Glenrose.	6-Apr	19-Jun	25	\$134
Non-Members:	6-Apr	6-Apr	25	\$150

**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	9-Apr	18-Jun	11	\$88

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)	9-Apr	18-Jun	11	\$88

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	7-Apr	16-Jun	11	\$77

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.

THURS	CORE MOVEMENT FUSION	12:05pm to 12:55pm	Salwa	GYMNASIUM	9-Apr	18-Jun	11	\$88
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Join Salwa on Thursdays for a class that combines yoga, core, Pilates, and strength training. Core Movement Fusion will assist you in building building strength, flexibility, core and balance.

**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	6-Apr	15-Jun	9	\$54

**No Class - Monday April 13 & May 18th (Victoria Long Weekend)**

MON	KARMA YOGA	12:05pm to 12:55pm	Joan	Studio 2	6-Apr	15-Jun	9	NO CHARGE
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**No Class - Monday April 13 & May 18th (Victoria Long Weekend)**

TUES	MAT PILATES CORE	12:05pm to 12:55pm	Shareen	Studio 2	7-Apr	16-Jun	11	\$99
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TUES	S2- STRENGTH & STAMINA	4:05 to 4:55pm	Lenore	Gymnasium	7-Apr	16-Jun	11	\$77
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TUES	YOGA MIX	4:30 to 5:30pm	Kelsey	Studio 2	7-Apr	16-Jun	11	\$88
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WED	INTERVAL CONDITIONING	11:15am to 12pm	Breanne	Gymnasium	8-Apr	17-Jun	11	\$77
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WED	SHIFT INTO YOGA	12:05 to 12:55pm	Melanie	Studio 2	8-Apr	17-Jun	11	\$88
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WED	PILATES REFORMER CORE STRENGTH	12:05 to 12:50pm	Mary	Studio 1	8-Apr	17-Jun	10	\$160
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**\*No class on May 6th.**

<b>WED</b>	B3 - BIKE, BUILD & BURN	4:05pm to 4:55pm	Lenore	Studio 2	8-Apr	17-Jun	11	\$99
<b>THURS</b>	EARLY RISER SPIN	6:30 to 7:30am	Angela	Studio 2	9-Apr	18-Jun	11	\$99
<b>THURS</b>	C1 - FIT CYCLIST	12:05 to 12:55pm	Lenore	Studio 2	9-Apr	18-Jun	11	\$99
<b>THURS</b>	PM RESTORATIVE YOGA	4:30 to 5:30pm	Melanie	Studio 2	9-Apr	18-Jun	11	\$88
<b>FRI</b>	BARBELL STRENGTH	11:30am to 12pm	Breanne	Studio 2	17-Apr	19-Jun	10	\$60
<b>FRI</b>	THIS GETS INTENSE FRIDAY	12:05 to 12:55pm	Kevin	Studio 2	17-Apr	19-Jun	10	\$70

***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)***

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.

***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.

***Pilates Reformer Core Strength (Mary)***

Take your Pilates to the next level! This class will utilize the Reformer to provide you with a complete workout, allowing movements in a fuller range of motion. Challenge yourself and increase your core strength, improve your flexibility and feel the change!

***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.

**Barbell Strength (Breanne)**

Be ready to lift, come ready to sweat! We will be pushing, pulling squatting & deadlifting barbells , using the Iron Grips system.

**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.**



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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](mailto:PGPrograms@albertahealthservices.ca)