

## SRPING 2020 FITNESS CLASS SCHEDULE (CALGARY ZONE)

Session Dates: April 6 - June 19 ( No Classes April 10, April 13, May 18)

Subject to Changes. For uptodate schedule please visit [www.pulsegenerator.ca](http://www.pulsegenerator.ca)

Online Registration is not available after the first class. Late registrations are welcome and will be prorated.

Please note there will be a \$15 Admin Fee for Late Registrations. To register after the start of classes email [PGPrograms@ahs.ca](mailto:PGPrograms@ahs.ca)

### EARLY BIRD DEAL - December 5 - 10

**\$5 OFF your class registration fee (s) with PROMO CODE - SPRINGCAL2020**

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
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#### Airdie Community Hospital (ACHC) 604 Mainstreet S., Airdrie

THU	HATHA YOGA	4:45 - 5:45 pm	Lisa	Room C	9-Apr	18-Jun	11	\$88
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#### ALBERTA CHILDREN'S HOSPITAL (ACH) 2888 Shaganappi Trail NW

MON	HATHA YOGA	4:30 to 5:30pm	JEANINE	Ed Whalen	6-Apr	15-Jun	9	\$72
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*No Class April 13, May 18*

TUES	MUSCLE WORKS #1	4:30 to 5:30pm	SONIA	Ed Whalen	7-Apr	16-Jun	11	\$88
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WED	YOGA MIX <span style="color: red;">New Class</span>	4:30 to 5:30pm	JENNIFER Y.	VARIOUS	8-Apr	17-Jun	10	\$80
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*NoClass April 22*

THU	MUSCLE WORKS #2	4:30 to 5:30pm	SONIA	Ed Whalen	9-Apr	18-Jun	11	\$88
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#### CENTRE 15 (C15) 1509 Center Street NW

MON	HATHA YOGA	12:05 to 12:50pm	JEANINE	PR 149	6-Apr	15-Jun	9	\$90
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*No Class April 13, May 18*

THURS	JUST PILATES	12:05pm to 12:50pm	KRISTEN	PR 149	9-Apr	18-Jun	11	\$110
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#### EAST CALGARY HEALTH CENTER (EHC) 4715-8 Ave SE

FRI	HATHA YOGA	11am to 12:00pm	Kathy	AHL P Gym	17-Apr	19-Jun	10	\$80
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**NO Refunds or Transfers to any FITNESS CLASSES or PROGRAMS.**

**Online Registration closes after classes have started. Late Registrations are welcome - please note there will be a \$15 admin fee.**

**Late Registrations email [PGPrograms@ahs.ca](mailto:PGPrograms@ahs.ca)**

EARLY BIRD DEAL - December 5 - 10

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DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
<b>FOOTHILLS MEDICAL CENTER (FMC) 1403-29 Street NW</b>								
MON	TOTAL BODY CONDITIONING	12:05 to 12:55pm	VANESSA	AGW7	6-Apr	15-Jun	9	\$72
<i>No Class April 13, May 18</i>								
MON	PM YOGA	4:15 to 5:15pm	KRISTEL	AGW7	6-Apr	15-Jun	9	\$72
<i>No Class April 13, May 18</i>								
TUES	LUNCHTIME YOGA	12:05 to 12:55pm	KRISTEL	AGW7	7-Apr	16-Jun	11	\$88
WED	INDOOR BOOT CAMP	12:05 to 12:55pm	VANESSA	AGW7	8-Apr	17-Jun	11	\$88
THU	ZUMBA	12:05 to 12:55pm	JENIFER B.	AGW7	9-Apr	18-Jun	11	\$88
FRI	MUSCLE WORKS	12:05 to 12:55pm	SONIA	AGW7	17-Apr	19-Jun	10	\$80

<b>HOLY CROSS HEALTH CENTER (HCHC) 2210 - 2 Street SW</b>								
MON	HATHA YOGA	11:45am to 12:45pm	KRISTEL	2314	6-Apr	15-Jun	9	\$72
<i>No Class April 13, May 18</i>								

<b>NORTH WEST II (NWII) 4520-16 Ave NW</b>								
TUES	HATHA YOGA	12:05pm to 12:55pm	JEANINE	Gym	7-Apr	16-Jun	11	\$110
THU	JUST PILATES	12:05pm to 12:55pm	JEANINE	Gym	9-Apr	18-Jun	11	\$110

<b>PETER LOUGHEED CENTER (PLC) 3500-26 Ave NW</b>								
MON	Hatha Yoga	12:15 to 12:55pm	DEANNA	19108	6-Apr	15-Jun	9	\$72
<i>No Class April 13, May 18</i>								
TUES	TOTAL BODY CONDITIONING	12:15 to 12:55pm	KAREN	19108	7-Apr	16-Jun	11	\$88
THU	30 Min HIIT <b>New Class</b>	10:30 to 11:00am	REAGAN	PG Fitness Center	9-Apr	18-Jun	10	\$80
<i>No Class April 16</i>								
THU	STRENGTH & STRETCH	12:15 to 12:55pm	KAREN	19108	9-Apr	18-Jun	11	\$88

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EARLY BIRD DEAL - December 5 - 10

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**QUARRY PARK PROFESSIONAL (QPP) 109 Quarry Park Blvd SE**

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	HATHA YOGA	12:05 to 12:50pm	MICHELLE	2182	6-Apr	15-Jun	9	\$72

No Class April 13, May 18

**RICHMOND ROAD DIAGNOSTIC TREATMENT CENTER (RRDTC) 1820 Richmond Road SW**

MON	TOTAL BODY CONDITIONING #1	12:05 to 12:50pm	KAREN	B434	6-Apr	15-Jun	9	\$72
TUES	MINDFUL FLOW YOGA	12:05 to 12:50pm	KATHY	B434	7-Apr	16-Jun	11	\$88
WED	TOTAL BODY CONDITIONING #2	12:05 to 12:50pm	KAREN	B434	8-Apr	17-Jun	11	\$88
THU	RELAX & RESTORE	12:05 to 12:50pm	KATHY	B434	9-Apr	18-Jun	11	\$88

**SOUTHPORT TOWER (SPT) 10301 Southport Lane SW**

MON	YOGA FOR BACKS <b>New Class</b>	12:05 to 12:50pm	MATTHEW	VARIOUS	6-Apr	15-Jun	8	\$64
WED	CORE MOVEMENT FUSION	4:15 to 5:00pm	HELEN	VARIOUS	15-Apr	17-Jun	9	\$72
FRI	HATHA YOGA	12:05 to 12:50pm	HELEN	VARIOUS	17-Apr	19-Jun	10	\$80

No Class April 13, April 20 & May 18

No Class May 27

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AIRDRIE COMMUNITY HEALTH CENTER

### **Hatha Yoga**

Don't let your yoga practice go stale! You will be kept on your toes with a wide range of yoga styles and poses.

ALBERTA CHILDREN'S HOSPITAL

### **Hatha Yoga**

Don't let your yoga practice go stale! You will be kept on your toes with a wide range of yoga styles and poses.

### **Muscle Works**

Improve muscle tone and build strength in this high energy strength conditioning class using weights and different equipment.

### **Yoga Mix**

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.

CENTER 15

### **Hatha Yoga**

Don't let your yoga practice go stale! You will be sure to keep you on your toes with a wide range of yoga styles and poses.

### **Just Pilates**

Pilates tones, stretches and rejuvenates the body. There will be an emphasis on core strength and development, leading to postural alignment, core control and increased flexibility while using the Pilates breath. All levels welcome.

EAST CALGARY HEALTH CENTER

### **Hatha Yoga**

This class invites you to explore how ways of breathing & increased body awareness through movement can restore your sense of well being. A great class for anyone from runners to weight room regulars to someone starting on their journey to fitness.

FOOTHILLS MEDICAL CENTER

### **Total Body Conditioning**

Challenge your balance, coordination, strength and flexibility with this dynamic high energy workout. Classes use minimal choreography & involve a variety of cardiovascular components and may include intervals and sport-related drills.

### **PM Yoga**

This class invites you to explore how ways of breathing & increased body awareness through movement can restore your sense of well being. A great class for anyone from runners to weight room regulars to someone starting on their journey to fitness.

### **Lunchtime Yoga**

This class invites you to explore how ways of breathing & increased body awareness through movement can restore your sense of well being. A great class for anyone from runners to weight room regulars to someone starting on their journey to fitness.

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### **Indoor Boot Camp**

This class will utilize body weight exercises and portable equipment to offer a combination of cardiovascular and strength training at varying levels of intensity. This class also offers a fun, supportive group environment.

### **Zumba**

Zumba is about having fun, enjoying & empowering yourself! This total body workout uses Latin rhythms and easy to follow moves to create a one of a kind class that guarantees calorie-burning, and is body energizing!

### **Muscle Works**

Improve muscle tone and build strength in this high energy strength conditioning class using weights and different equipment.

HOLY CROSS HEALTH CENTER (HCHC)

### **Hatha Yoga**

This class invites you to explore how ways of breathing & increased body awareness through movement can restore your sense of well being. A great class for anyone from runners to weight room regulars to someone starting on their journey to fitness.

NORTHWEST II (MWII)

### **Just Pilates**

Pilates tones, stretches and rejuvenates the body. There will be an emphasis on core strength and development, leading to postural alignment, core control and increased flexibility while using the Pilates breath. All levels welcome.

### **Hatha Yoga**

Don't let your yoga practice go stale! Jeanine will be sure to keep you on your toes with a wide range of yoga styles and poses.

PETER LOUGHEED CENTER (PLC)

### **Hatha Yoga**

This class invites you to explore how ways of breathing & increased body awareness through movement can restore your sense of well being. A great class for anyone from runners to weight room regulars to someone starting on their journey to fitness.

### **Total Body Conditioning (Karen)**

This class will utilize body weight exercises and portable equipment to offer a combination of cardiovascular and strength training at varying levels of intensity. This class also offers a fun, supportive group environment. In fact it's so much fun you'll forget how hard you worked!!!

### **Strength & Stretch**

This strength class will support you in defining, developing and toning. This is a great class for runners who need to supplement their training with strength or anyone who needs a well rounded strength-based workout. Every class will end with a great stretch!

### **30 Min HIIT**

This 30 minute HIIT class will hit the whole body with a combination of strength & cardio exercises for all fitness levels.

In a small class environment, use a variety of equipment making each workout unique & challenging. This class will have you sweating!

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QUARRY PARK PROFESSIONAL (QPP)

### **Hatha Yoga**

This a great class for beginners and advanced students looking for a movement based class. Be prepared to link your breath to your movement through sun salutations, basic standing & seated postures.

RICHMOND ROAD DIAGNOSTIC & TREATMENT CENTER (RRDTC)

### **Total Body Conditioning**

Challenge your balance, coordination, strength and flexibility with this dynamic high energy workout. Classes use minimal choreography & involve a variety of cardiovascular components and may include intervals and sport-related drills.

### **Mindful Flow Yoga**

A class that builds both strength & flexibility using traditional yoga postures and principals of functional fitness.

Easy to follow instructions as well as modifications offered for various levels.

### **Relax & Restore**

Gentle stretching, breathing, self massage with balls and other proven stress release techniques you can use anywhere. Like a mini retreat, this is your hour of self care.

SOUTHPORT TOWER (SPT)

### **Yoga For Backs**

If you work at a desk, use a cellphone, computer, drive, or just want improved mobility in your yoga practice, then this class is for you.

The class focus is to optimize mobility in the spine, shoulders, neck and hips. All levels from beginner to advanced welcome.

### **Core Movement Fusion**

Join Helen on for a class that combines yoga, core, Pilates, and strength training.

Core Movement Fusion will assist you in building strength, flexibility, core and balance.

### **Hatha Yoga**

This class invites you to explore how ways of breathing & increased body awareness through movement can restore your sense of well being. A great class for anyone from runners to weight room regulars to someone starting on their journey to fitness.



**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@AHS.CA](mailto:PGPROGRAMS@AHS.CA)

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