

## Winter 2020 FITNESS CLASS SCHEDULE (CALGARY ZONE)

Session Dates: January 13 - March 20, 2020 (No Class - February 17)

**EARLY BIRD DEAL - December 5 - 10**  
**\$5 OFF your class registration fee (s) with PROMO CODE - CalWin2020**

**ALBERTA CHILDREN'S HOSPITAL (ACH)** 2888 Shaganappi Trail NW

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	HATHA YOGA	4:30 to 5:30pm	JEANINE	Ed Whalen	13-Jan	16-Mar	9	\$72
<i>No Class Feb 17</i>								
TUES	MUSCLE WORKS #1	4:30 to 5:30pm	SONIA	Ed Whalen	14-Jan	17-Mar	10	\$80
WED	FREEDOM FLOW YOGA	4:30 to 5:30pm	JENNIFER Y.	VARIOUS	15-Jan	18-Mar	10	\$80
THU	MUSCLE WORKS #2	4:30 to 5:30pm	SONIA	Ed Whalen	16-Jan	19-Mar	10	\$80

**CENTRE 15 (C15)** 1509 Center Street NW

MON	HATHA YOGA	12:05 to 12:50pm	JEANINE	PR 149	13-Jan	16-Mar	9	\$99
<i>No Class Feb 17</i>								
THURS	JUST PILATES	12:05pm to 12:50pm	KRISTEN	PR 149	16-Jan	19-Mar	10	\$110

**EAST CALGARY HEALTH CENTER (EHC)** 4715-8 Ave SE

FRI	HATHA YOGA	11am to 12:00pm	Michelle	AHLP Gym	17-Jan	20-Mar	10	\$80
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**FOOTHILLS MEDICAL CENTER (FMC)** 1403-29 Street NW

MON	TOTAL BODY CONDITIONING	12:05 to 12:55pm	VANESSA	AGW7	13-Jan	16-Mar	9	\$72
<i>No Class Feb 17</i>								
MON	PM YOGA	4:15 to 5:15pm	KRISTEL	AGW7	13-Jan	16-Mar	9	\$72
<i>No Class Feb 17</i>								
TUES	LUNCHTIME YOGA	12:05 to 12:55pm	KRISTEL	AGW7	14-Jan	17-Mar	10	\$80
WED	INDOOR BOOT CAMP	12:05 to 12:55pm	VANESSA	AGW7	15-Jan	18-Mar	10	\$80
THU	ZUMBA	12:05 to 12:55pm	JENIFER B.	AGW7	16-Jan	19-Mar	10	\$80
FRI	MUSCLE WORKS	12:05 to 12:55pm	SONIA	AGW7	17-Jan	20-Mar	10	\$80

**NO Refunds or Transfers to any FITNESS CLASSES or PROGRAMS.**

**HOLY CROSS HEALTH CENTER (HCHC) 2210 - 2 Street SW**

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	HATHA YOGA	11:45am to 12:45pm	KRISTEL	2314	13-Jan	16-Mar	9	\$72

No Class Feb 17

**NORTH WEST II (NWII) 4520-16 Ave NW**

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
TUES	HATHA YOGA	12:05pm to 12:55pm	JEANINE	Gym	14-Jan	17-Mar	10	\$110
THU	JUST PILATES	12:05pm to 12:55pm	JEANINE	Gym	16-Jan	19-Mar	10	\$110

**PETER LOUGHEED CENTER (PLC) 3500-26 Ave NW**

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	Hatha Yoga	12:15 to 12:55pm	DEANNA	19108	13-Jan	16-Mar	9	\$72
TUES	TOTAL BODY CONDITIONING	12:15 to 12:55pm	KAREN	19108	14-Jan	17-Mar	10	\$80
THU	STRENGTH & STRETCH	12:15 to 12:55pm	KAREN	19108	16-Jan	19-Mar	10	\$80

No Class Feb 17

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

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	HATHA YOGA #1	12:05 to 12:50pm	MICHELLE	2182	13-Jan	16-Mar	9	\$72
THURS	HATHA YOGA #2	12:05 to 12:50pm	MICHELLE	3438	16-Jan	19-Mar	10	\$80

No Class Feb 17

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

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	TOTAL BODY CONDITIONING #1	12:05 to 12:50pm	KAREN	B434	13-Jan	16-Mar	9	\$72
TUES	MINDFUL FLOW YOGA	12:05 to 12:50pm	DEANNA	B434	14-Jan	17-Mar	10	\$110
WED	TOTAL BODY CONDITIONING #2	12:05 to 12:50pm	KAREN	B434	15-Jan	18-Mar	10	\$80
THU	RELAX & RESTORE	12:05 to 12:50pm	TBA	B434	16-Jan	19-Mar	10	\$110
FRI	Jennifer Y.	12:05pm to 12:50pm	TBA	B434	17-Jan	20-Mar	9	\$72

No Class Jan 24

**NO Refunds or Transfers to any FITNESS CLASSES or PROGRAMS.**

**Sheldon M. Chumir Health Center (SMCHC)** 1213 - 4 Street SW

MON Yoga 12:05 to 12:55pm TBA TBA 13-Jan 16-Mar 9 \$72

No Class Feb 17

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

FRI HATHA YOGA 12:05 to 12:50pm HELEN 2123/1008 17-Jan 20-Mar 10 \$80

All classes are held in SPTT 2123, except Jan 17, Feb 7, March 27 in Room 1008

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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.

**Freedom Flow Yoga**

Experience freedom and release stress as we teach you to flow your body with your breath. Done with music to energize & release stress.

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.

### ***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. In fact it's so much fun you'll forget how hard you worked!

### ***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!

### 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.

#### **Yin Yang**

Some juicy stretches followed by some yummy movement. Energize for your afternoon.

### SOUTHPORT TOWER (SPT)

#### **Hatha Yoga (Helen)**

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:



























