

SUMMER 2019 FITNESS CLASS SCHEDULE (EDMONTON)

SUMMER SESSION: July 8th to August 16th, 2019 (No Classes - August 5th)

ONLINE REGISTRATION WILL BEGIN WEDNESDAY June 5th, 2019

GREY NUNS COMMUNITY HOSPITAL (GNCH) 110 Youville Drive

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
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Yoga will be back at this site in the fall.

MISERICORDIA COMMUNITY HOSPITAL (MCH) 16940 - 87 Ave

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
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THURS	LUNCHTIME HATHA YOGA	12:05pm to 12:55pm	Kelsey	Room 204 (M. Rosalie)	11-Jul	15-Aug	6	\$48
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Join Kelsey for this lunch time class and enjoy the benefits of yoga! The class is appropriate for all levels and it allows you to break up your day, so you are recharged and focused for your afternoon.

ROYAL ALEXANDRA HOSPITAL (RAH) 10240 Kingsway

TUES	STRENGTH & CONDITIONING SPECIAL	12:10pm to 12:50pm	Lenore	GYMNASIUM	9-Jul	13-Aug	6	\$42
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Join Lenore for this 40-minute interval class that combines cardio based movements with varying strength training exercises to provide a full body workout.

NO Refunds or Transfers to any FITNESS CLASSES or PROGRAMS.

UNIVERSITY OF ALBERTA HOSPITAL (UAH) 8440 - 112 Street

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
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MON	A HIIT BEFORE NOON	11:30am to 12pm	Breanne	Studio 2	8-Jul	12-Aug	5	\$30
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No Class - August 5th

MON	KARMA YOGA	12:05pm to 12:55pm	Joan	Studio 2	8-Jul	12-Aug	5	NO CHARGE
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No Class - August 5th

TUES	Mat Pilates CORE	12:05pm to 12:55pm	Shareen	Studio 2	9-Jul	13-Aug	6	\$54
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TUES	STRENGTH & CONDITIONING SPECIAL	4:05 to 4:55pm	Lenore	Outdoors	9-Jul	13-Aug	6	\$42
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TUES	YOGA MIX	4:30 to 5:30pm	Kelsey	Studio 2	9-Jul	13-Aug	6	\$48
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WED	INTERVAL CONDITIONING	11:15am to 12pm	Breanne	Gymnasium	10-Jul	14-Aug	6	\$42
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WED	SHIFT INTO YOGA	12:05 to 12:55pm	Melanie	Studio 2	10-Jul	14-Aug	6	\$48
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WED	B3 - BIKE, BUILD & BURN	4:05pm to 4:55pm	Lenore	Studio 2	10-Jul	14-Aug	6	\$54
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THURS	PEDAL ON!	12:05 to 12:55pm	Lenore	Studio 2	11-Jul	15-Aug	6	\$54
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THURS	PM RESTORATIVE YOGA	4:30 to 5:30pm	Melanie	Studio 2	11-Jul	15-Aug	6	\$48
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A HIIT before noon (Breanne)

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

Karma Yoga (Joan)

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.

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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.

Strength & Conditioning Special (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. Outdoors.

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.

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. T This 50-minute class is designed to increase stamina, improve strength & make you sweat.

Pedal On! (Lenore)

Interested in being stronger than yesterday? When muscle and machine connect; extraordinary things happen.

This 50-minute spin class is road style, tackling hills and flats with a focus on cycling technique.

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.

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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