

WINTER 2019 FITNESS CLASS SCHEDULE (CALGARY ZONE)

Session Dates: January 14th to March 22nd, 2019 (No Class - February 18th)

EARLY BIRD DEAL - December 3rd to December 7th
\$5 OFF your class registration fee (s) with PROMO CODE - EARLYBIRDCAL

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	14-Jan	18-Mar	9	\$90
<i>No Class - February 18th</i>								
TUES	MUSCLE WORKS #1	4:30 to 5:30pm	SONIA	Ed Whalen	15-Jan	19-Mar	10	\$70
WED	FREEDOM FLOW YOGA	4:30 to 5:30pm	JENNIFER Y.	Conference Room 2 & 4	16-Jan	20-Mar	10	\$100
All classes are held in Conference Room 2 (4th Floor), except January 16th & February 13th will be in Conference Room 4 (4th Floor)								
THU	MUSCLE WORKS #2	4:30 to 5:30pm	SONIA	Ed Whalen	17-Jan	21-Mar	10	\$70

CENTRE 15 (C15) 1509 Center Street NW

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	HATHA YOGA	12:05 to 12:50pm	JEANINE	PR 149	14-Jan	18-Mar	9	\$99
<i>No Class - February 18th</i>								

EAST CALGARY HEALTH CENTER (ECHC) 4715-8 Ave SE

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
FRI	HATHA YOGA	11am to 12:00pm	MARK	AHLP Gym	18-Jan	22-Mar	10	\$80

FOOTHILLS MEDICAL CENTER (FMC) 1403-29 Street NW

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	TOTAL BODY CONDITIONING	12:05 to 12:55pm	VANESSA	AGW7	14-Jan	18-Mar	9	\$63
<i>No Class - February 18th</i>								
MON	PM YOGA	4:15 to 5:15pm	KRISTEL	AGW7	14-Jan	18-Mar	9	\$72
<i>No Class - February 18th</i>								
TUES	LUNCHTIME YOGA	12:05 to 12:55pm	KRISTEL	AGW7	15-Jan	19-Mar	10	\$80
WED	INDOOR BOOT CAMP	12:05 to 12:55pm	VANESSA	AGW7	16-Jan	20-Mar	10	\$70
THU	ZUMBA	12:05 to 12:55pm	JENIFER B.	AGW7	17-Jan	21-Mar	10	\$80
FRI	MUSCLE WORKS	12:05 to 12:55pm	SONIA	AGW7	18-Jan	22-Mar	10	\$70

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	14-Jan	18-Mar	9	\$81

No Class - February 18th

NORTHWEST COMMUNITY HEALTH CENTER (NWCHC) 1829 Ranchlands Blvd NW

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
TUES	HATHA YOGA	4:45 to 5:45pm	KRISTEL	CR 182	15-Jan	19-Mar	10	\$100

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	209	15-Jan	19-Mar	10	\$110
THU	JUST PILATES	12:05pm to 12:55pm	JEANINE	209	17-Jan	21-Mar	10	\$110

PETER LOUGHEED CENTER (PLC) 3500-26 Ave NW

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	HIGH FITNESS	12:15 to 12:55pm	MIREILLE	19108	14-Jan	18-Mar	9	\$72

No Class - February 18th

TUES	TOTAL BODY CONDITIONING #1	12:15 to 12:55pm	KAREN	19108	15-Jan	19-Mar	10	\$80
THU	TOTAL BODY CONDITIONING #2	12:15 to 12:55pm	KAREN	19108	17-Jan	21-Mar	10	\$80

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	3438	14-Jan	18-Mar	9	\$81

No Class - February 18th

All classes are held in Room 3438, except February 11th & March 11th will be held in Room 2182.

THU	HATHA YOGA #2	12:05 to 12:50pm	MICHELLE	3438	17-Jan	21-Mar	10	\$90
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All classes are held in Room 3438, except February 7th will be held in Room 2182.

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	14-Jan	18-Mar	9	\$63
<i>No Class - February 18th</i>								
TUES	MINDFUL FLOW YOGA	12:05 to 12:50pm	KATHY	B434	15-Jan	19-Mar	10	\$110
WED	TOTAL BODY CONDITIONING #2	12:05 to 12:50pm	KAREN	B434	16-Jan	20-Mar	10	\$70
THU	RELAX & RESTORE	12:05 to 12:50pm	KATHY	B434	17-Jan	21-Mar	10	\$110
FRI	HIGH FITNESS	12:05pm to 12:50pm	MIREILLE	B434	18-Jan	22-Mar	10	\$80

SHELDON M. CHUMIR HEALTH CENTER (SMCHC) 1213-4 Street SW

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	HATHA YOGA	4:45 to 5:30pm	HELEN	3122	14-Jan	18-Mar	9	\$72
<i>No Class - February 18th</i>								

SOUTHPORT TOWER (SPT) 10301 Southport Lane SW

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	YOGA CORE	12:05 to 12:50pm	LAILA	SPTT 1021	14-Jan	18-Mar	9	\$81
<i>No Class - February 18th</i>								
TUES	TIME FOR YOU YOGA!	4:15 to 5:00pm	JENNIFER Y.	SPTT 1021	15-Jan	19-Mar	10	\$90
WED	YOGA MEDLEY	12:05 to 12:50pm	LAILA	VARIOUS	23-Jan	13-Mar	8	\$72
All classes are held in SPTT 1021, except February 13th & February 20th - SPT 2123								
WED	TOTAL BODY STRENGTH TRAINING	4:15 to 5:00pm	LAILA	VARIOUS	16-Jan	13-Mar	9	\$72
All classes are held in SPTT 1021, except January 16th - SPT 1103, February 13th & February 20th - SPT 2123								
FRI	HATHA YOGA	12:05 to 12:50pm	HELEN	VARIOUS	18-Jan	22-Mar	\$10	\$90

All classes are held in SPTT 1021, except February 8th - SPT 2123



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:

Breanne.Martiniuk@ahs.ca

ALBERTA CHILDREN'S HOSPITAL**Hatha Yoga (Jeanine)**

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.

Muscle Works (Sonia)

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

Freedom Flow Yoga (Jennifer)

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 (Jeanine)**

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.

EAST CALGARY HEALTH CENTER**Hatha Yoga (Mark)**

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 (Vanessa)**

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 (Kristel)

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 (Kristel)

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 (Vanessa)

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 (Jennifer)

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 (Sonia)

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 (Kristel)**

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 COMMUNITY HEALTH CENTER (NWCHC)**Hatha Yoga (Kristel)**

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 (Jeanine)**

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 (Jeanine)

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)**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!!

High Fitness (Mireille)

Join Mireille for this HIGH energy class! HIGH FITNESS transforms old school aerobics into a highly addictive new fitness experience that combines simple, modern fitness techniques with music you know & love.

QUARRY PARK PROFESSIONAL (QPP)**Hatha Yoga (Michelle)**

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 (Karen)**

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 (Kathy)

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 (Kathy)

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.

High Fitness (Mireille)

Join Mireille for this HIGH energy class! HIGH FITNESS transforms old school aerobics into a highly addictive new fitness experience that combines simple, modern fitness techniques with music you know & love.

SHELDON M. CHUMIR HEALTH CENTER (SMCHC)**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.

SOUTHPORT TOWER (SPT)**Yoga Core (Laila)**

A hard working energetic class combining stretching, core exercises and yoga strengtheners!

Yoga Medley (Laila)

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

Time for You! Yoga (Jennifer)

Has it been awhile since you took some time for you? You do such a great job taking care of everyone else why not commit to you and your health? You deserve it! Join us to build strength, relax and giggle.

Total Body Strength Training (Laila)

Come have fun with Laila! This set and repetition based strength class will teach you the proper techniques to execute each exercise for maximum benefit. There is a lot of strength training variety when using dumbbells, resistance bands and your own body.

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.