

FALL 2018 FITNESS CLASS SCHEDULE (CALGARY ZONE)

Session Dates: September 10th to December 14th (No Class - October 8th & November 12th)

EARLY BIRD DEAL - Wednesday August 8th to Monday August 13th
\$5 OFF your class registration fee (s) with PROMO CODE - FALLCAL

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	24-Sep	10-Dec	10	\$100
<i>No Class - October 8th & November 12th</i>								
TUES	MUSCLE WORKS #1	4:30 to 5:30pm	SONIA	Ed Whalen	11-Sep	11-Dec	14	\$98
WED	NEW! FREEDOM FLOW YOGA	4:30 to 5:30pm	JENNIFER Y.	Ed Whalen	12-Sep	12-Dec	14	\$112
THU	MUSCLE WORKS #2	4:30 to 5:30pm	SONIA	Ed Whalen	13-Sep	13-Dec	14	\$98

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	24-Sep	10-Dec	10	\$110
<i>No Class - October 8th & November 12th</i>								

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

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
FRI	HATHA YOGA	11am to 12:00pm	MARK	AHLP Gym	14-Sep	14-Dec	13	\$104

*No Class - September 28th*****All classes are in AHLP Gym, except November 2nd - Room 2285****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	10-Sep	10-Dec	12	\$84
<i>No Class - October 8th & November 12th</i>								
MON	PM YOGA	4:15 to 5:15pm	KRISTEL	AGW7	10-Sep	10-Dec	12	\$96
<i>No Class - October 8th & November 12th</i>								
TUES	LUNCHTIME YOGA	12:05 to 12:55pm	KRISTEL	AGW7	11-Sep	11-Dec	14	\$112
WED	INDOOR BOOT CAMP	12:05 to 12:55pm	VANESSA	AGW7	12-Sep	12-Dec	14	\$98
THU	ZUMBA	12:05 to 12:55pm	JENIFER B.	AGW7	13-Sep	15-Nov	10	\$80
FRI	MUSCLE WORKS	12:05 to 12:55pm	SONIA	AGW7	14-Sep	14-Dec	14	\$98

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	10-Sep	10-Dec	12	\$96

No Class - October 8th & November 12th

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	11-Sep	11-Dec	12	\$120

NORTH WEST II (NWII) 4520-16 Ave NW

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
TUES	JUST PILATES	12:05pm to 12:55pm	JEANINE	209	25-Sep	11-Dec	12	\$132
THU	HATHA YOGA	12:05pm to 12:55pm	JEANINE	209	27-Sep	13-Dec	12	\$132

PETER LOUGHEED CENTER (PLC) 3500-26 Ave NW

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	NEW! HATHA YOGA	12:15 to 12:55pm	MARK	19108	10-Sep	10-Dec	12	\$96

No Class - October 8th & November 12th

TUES	TOTAL BODY CONDITIONING #1	12:15 to 12:55pm	KAREN	19108	11-Sep	11-Dec	14	\$98
THU	TOTAL BODY CONDITIONING #2	12:15 to 12:55pm	KAREN	19108	13-Sep	13-Dec	14	\$98

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	10-Sep	10-Dec	12	\$96

No Class - October 8th & November 12th

****All classes are in Room 3438, except Monday September 24th - Room 2182**

THU	HATHA YOGA #2	12:05 to 12:50pm	MICHELLE	3438	13-Sep	13-Dec	14	\$112
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****All classes are in Room 3438, except Thursday September 20th - Room 2379**

ROCKYVIEW GENERAL HOSPITAL (RGH) 7007-14 Street SW

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
TUES	HATHA YOGA	4:00 to 5:00pm	MARK	10331a	11-Sep	11-Dec	14	\$112

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	10-Sep	10-Dec	12	\$84
<i>No Class - October 8th & November 12th</i>								
TUES	MINDFUL FLOW YOGA	12:05 to 12:50pm	KATHY	B434	11-Sep	11-Dec	14	\$154
WED	NEW! INTROFIT	11:15am to 11:45am	KAREN	B434	12-Sep	12-Dec	14	\$84
WED	TOTAL BODY CONDITIONING #2	12:05 to 12:50pm	KAREN	B434	12-Sep	12-Dec	14	\$98
THU	RELAX & RESTORE	12:05 to 12:50pm	KATHY	B434	13-Sep	13-Dec	14	\$154

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	10-Sep	10-Dec	12	\$96

*No Class - October 8th & November 12th***SOUTHPORT TOWER (SPT) 10301 Southport Lane SW**

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	YOGA CORE	12:05 to 12:50pm	LAILA	VARIOUS	17-Sep	10-Dec	10	\$90

*No Class - October 8th & 15th, November 12th*****All classes are in SPTT 1021, except October 29th - SPT 1103**

TUES	NEW! TIME FOR YOU! YOGA	4:15 to 5:00pm	JENNIFER Y.	VARIOUS	11-Sep	11-Dec	14	\$126
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****All classes are in SPTT 1021, except October 16th - SPT 2123; November 27th - SPT 1103**

WED	YOGA MEDLEY	12:05 to 12:50pm	LAILA	SPTT 1021	3-Oct	5-Dec	10	\$90
WED	TOTAL BODY STRENGTH TRAINING	4:15 to 5:00pm	LAILA	SPTT 1021	12-Sep	12-Dec	14	\$112
FRI	HATHA YOGA	12:05 to 12:50pm	HELEN	VARIOUS	14-Sep	14-Dec	14	\$126

****All classes are in SPTT 1021, except September 28th - SPT 1008; November 2nd - SPT 1008; November 23rd - 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.

NEW! 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!!

NEW! 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.

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.

ROCKYVIEW GENERAL HOSPITAL (RGH)

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.

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.

NEW! Introfit (Karen)

Just getting back into a fitness routine? This is the class that can help you step in and gradually increase your endurance & strength.

A quick 30 minute class to energize & support your fitness journey.

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.

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.

NEW! 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.