

WINTER 2019 FITNESS CLASS SCHEDULE (UAH)

EARLY BIRD DEAL FOR PG MEMBERS ONLY for 2 days only: December 3rd & 4th

\$5 off your class fees with PROMO CODE - EARLYBIRDEDM

Non-Pulse Generator Member Registration Begins Wednesday December 5th

UNIVERSITY OF ALBERTA HOSPITAL (UAH) PJ2.00 WMC, 8440 - 112 Street

WINTER SESSION: January 14th to March 22nd (No Class - February 18th)

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	A HIIT BEFORE NOON	11:30am to 12pm	Breanne	Studio 2	14-Jan	18-Mar	9	\$54
<i>No Class - February 18th</i>								
MON	KARMA YOGA	12:05pm to 12:55pm	Joan/Kelsey	Studio 2	14-Jan	4-Mar	7	NO CHARGE
<i>No Class - February 18th</i>								
MON	LEARN TO MEDITATE	4:15pm to 4:45pm	Kelsey	Studio 2	14-Jan	11-Feb	5	\$40
TUES	INDOOR BOOT CAMP	6:30 to 7:30am	Mary	Gymnasium	15-Jan	19-Mar	10	\$70
TUES	MOVEMENT FUSION	12:15pm to 12:45pm	Kelsey	Studio 2	15-Jan	5-Mar	8	\$48
TUES	STRENGTH & CONDITIONING SPECIAL	4:05 to 4:55pm	Lenore	Gymnasium	15-Jan	19-Mar	10	\$70
TUES	HAPPY HOUR YOGA	4:30 to 5:30pm	Kelsey	Studio 2	15-Jan	5-Mar	8	\$64
WED	INTERVAL CONDITIONING	11:15am to 12pm	Breanne	Gymnasium	16-Jan	20-Mar	10	\$70
WED	SHIFT INTO YOGA	12:05 to 12:55pm	Melanie	Studio 2	16-Jan	20-Mar	10	\$80
WED	PILATES REFORMER CORE STRENGTH	12:05 to 12:50pm	Mary	Studio 1	16-Jan	20-Mar	10	\$160
WED	ULTIMATE SPIN	4:05pm to 4:55pm	Mary	Studio 2	16-Jan	20-Mar	10	\$90
THURS	EARLY RISER SPIN	6:30 to 7:30am	Angela	Studio 2	17-Jan	21-Mar	10	\$90
THURS	PEDAL ON!	12:05 to 12:55pm	Lenore	Studio 2	17-Jan	21-Mar	10	\$90
THURS	PM RESTORATIVE YOGA	4:30 to 5:30pm	Melanie	Studio 2	17-Jan	21-Mar	10	\$80
FRI	A QUICK HIIT	11:30am to 12pm	Breanne	Studio 2	18-Jan	22-Mar	10	\$60
FRI	THIS GETS INTENSE FRIDAY	12:05 to 12:55pm	Kevin	Studio 2	18-Jan	22-Mar	10	\$70

NO Refunds or Transfers to any FITNESS CLASSES or PROGRAMS.

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/Kelsey)

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.

New! Learn To Meditate (Kelsey)

Learn to meditate is suitable for the beginner meditator and will help you build and sustain a daily meditation practice. Over the session different meditation techniques will be explored including seated, reclined, standing and walking.

Indoor Boot Camp (Mary)

Wake up your morning with a fun workout that is sure to get your heart pumping. We are taking one of your favorite classes and bringing it indoors.

New! Movement Fusion (Kelsey)

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.

Happy Hour Yoga (Kelsey)

Enjoy a happy hour after work with a yoga class. Through a combination of effort and rest, relieve stress and go about the rest of the day feeling refreshed, energized and relaxed.

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.

Pilates Reformer Core Strength (Mary)

Take your Pilates to the next level! This class will utilize the Reformer to provide you with a complete workout, allowing movements in a fuller range of motion. Challenge yourself and increase your core strength, improve your flexibility and feel the change!

Ultimate Spin (Mary)

Pedal your way through this heart pumping hour of spin. This non impact class will cover strength, speed and endurance as you spin your way through a variety of rides and drills. Challenge yourself and have fun in this class that is appropriate for all levels!

Early Riser Spin (Angela)

Are you having difficulties finding time to workout? Wake up to a heart pounding cardio spin class that will get you energized for the rest of your day.

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.

A Quick HIIT (Breanne)

Yes, that's right... HIGH INTENSITY INTERVAL TRAINING is continuing this fall. What better way to kick your Friday into HIGH gear!

Intervals will be different every week, long or short intervals, body weight or barbells used, cardio or strength based - this class will be over before you know what HIIT you ;)

This Gets Intense Friday (Kevin)

End your work week with a smile and start the weekend with a bang! This TOTAL body workout will focus on cardio improvements and increased muscular endurance. How we do it...UP THE INTENSITY. Come ready to sweat!



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

