

## SPRING 2019 FITNESS CLASS SCHEDULE (CALGARY ZONE)

Session Dates: April 1st to June 21st, 2019 (No Class - April 19th, April 22nd & May 20th)

EARLY BIRD DEAL - March 4th to 8th, 2019

\$5 OFF your class registration fee (s) with PROMO CODE - SPRINGCAL

**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	1-Apr	3-Jun	8	\$72
<i>No Class - April 22nd &amp; May 20th</i>								
TUES	MUSCLE WORKS #1	4:30 to 5:30pm	SONIA	Ed Whalen	2-Apr	18-Jun	12	\$84
WED	FREEDOM FLOW YOGA	4:30 to 5:30pm	JENNIFER Y.	Conference Room 3	3-Apr	19-Jun	11	\$88
<i>No Class - April 24th</i>								
<b>All classes are held in Conference Room 3 (4th Floor), except April 3rd - Conference Room 4 (4th Floor) &amp; April 17th in Conference Room 2 (4th Floor).</b>								
THU	MUSCLE WORKS #2	4:30 to 5:30pm	SONIA	Ed Whalen	4-Apr	20-Jun	12	\$84

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

MON	HATHA YOGA	12:05 to 12:50pm	JEANINE	PR 149	1-Apr	3-Jun	8	\$88
<i>No Class - April 22nd &amp; May 20th</i>								
THURS	JUST PILATES	12:05pm to 12:50pm	KRISTEN	PR 149	2-May	30-May	4	\$40
<i>No Class - May 16th</i>								

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

FRI	HATHA YOGA	11am to 12:00pm	MARK	AHLP Gym	5-Apr	31-May	8	\$64
<i>No Class - April 19th</i>								

**FOOTHILLS MEDICAL CENTER (FMC)** 1403-29 Street NW

MON	TOTAL BODY CONDITIONING	12:05 to 12:55pm	VANESSA	AGW7	1-Apr	17-Jun	10	\$70
<i>No Class - April 22nd &amp; May 20th</i>								
MON	PM YOGA	4:15 to 5:15pm	KRISTEL	AGW7	1-Apr	17-Jun	12	\$96
<i>No Class - April 22nd &amp; May 20th</i>								
TUES	LUNCHTIME YOGA	12:05 to 12:55pm	KRISTEL	AGW7	2-Apr	18-Jun	12	\$96
WED	INDOOR BOOT CAMP	12:05 to 12:55pm	VANESSA	AGW7	3-Apr	19-Jun	12	\$84
THU	ZUMBA	12:05 to 12:55pm	JENIFER B.	AGW7	4-Apr	20-Jun	12	\$96
FRI	MUSCLE WORKS	12:05 to 12:55pm	SONIA	AGW7	5-Apr	21-Jun	11	\$77

*No Class - April 19th*

**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	1-Apr	17-Jun	10	\$90

*No Class - April 22nd & May 20th*

**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	2-Apr	18-Jun	12	\$120

**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	2-Apr	4-Jun	10	\$110
THU	JUST PILATES	12:05pm to 12:55pm	JEANINE	209	4-Apr	6-Jun	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	1-Apr	17-Jun	10	\$90
TUES	TOTAL BODY CONDITIONING	12:15 to 12:55pm	KAREN	19108	2-Apr	18-Jun	12	\$96
THU	STRENGTH & STRETCH	12:15 to 12:55pm	KAREN	19108	4-Apr	20-Jun	12	\$96

*No Class - April 22nd & May 20th*

**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	1-Apr	3-Jun	8	\$72

*No Class - April 22nd & May 20th*

**All classes are held in Room 3438, except April 8th & May 13th will be held in Room 2182.**

THU	HATHA YOGA #2	12:05 to 12:50pm	MICHELLE	3438	4-Apr	6-Jun	10	\$90
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**NO Refunds or Transfers to any FITNESS CLASSES or PROGRAMS.**

**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	1-Apr	17-Jun	10	\$70

No Class - April 22nd & May 20th

TUES	MINDFUL FLOW YOGA	12:05 to 12:50pm	KATHY	B434	2-Apr	18-Jun	12	\$132
WED	TOTAL BODY CONDITIONING #2	12:05 to 12:50pm	KAREN	B434	3-Apr	19-Jun	12	\$84
THU	RELAX & RESTORE	12:05 to 12:50pm	KATHY	B434	4-Apr	20-Jun	12	\$132
FRI	HIGH FITNESS	12:05pm to 12:50pm	MIREILLE	B434	5-Apr	21-Jun	11	\$99

No Class - April 19th

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

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	HATHA YOGA	4:30 to 5:30pm	HELEN	3122	1-Apr	17-Jun	10	\$80

No Class - April 22nd & May 20th

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

MON	YOGA CORE #1	12:05 to 12:50pm	LAILA	SPTT 1021	1-Apr	17-Jun	10	\$90
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No Class - April 22nd & May 20th

WED	YOGA CORE #2	12:05 to 12:50pm	LAILA	VARIOUS	17-Apr	19-Jun	8	\$72
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No Class - May 8th & June 5th

All class will be held in SPTT 1021, except April 17th, May 22nd & 29th - SPT 2123 & May 1st - SPTT 1004

WED	TOTAL BODY STRENGTH TRAINING	4:15 to 5:00pm	LAILA	VARIOUS	3-Apr	19-Jun	11	\$88
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All classes are held in SPTT 1021, except April 10th & 17th, May 22nd & 29th - SPT 2123, May 1st - SPTT 1004 and NO CLASS - May 8th

FRI	HATHA YOGA	12:05 to 12:50pm	HELEN	VARIOUS	5-Apr	21-Jun	11	\$99
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No Class - April 19th

All classes are held in SPTT 1021, except May 24th - SPT 2123

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

**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.

#### ***Just Pilates (Kristen)***

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 (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!!!

#### ***Strength & Stretch (Karen)***

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!

#### ***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!

### **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.



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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:

