

WINTER 2019 FITNESS CLASS SCHEDULE (GNCH & MCH)

EARLY BIRD DEAL for 2 days only: December 3rd & 4th (OPEN TO ALL)
 \$5 off your registration class fee (\$) with PROMO CODE - EARLYBIRDEDM

GREY NUNS COMMUNITY HOSPITAL (GNCH) 110 Youville Drive

WINTER SESSION: January 14th to March 22nd, 2019 (No Classes - February 18th)

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
THURS	BE YOU PM YOGA	4:30pm to 5:30pm	Kelsey	Room 0647	17-Jan	28-Feb	7	\$56

****All Classes will be held in Room 0647, except February 7th will be held in Room 0651.**

Be You PM Yoga (Kelsey)

This Hatha Flow class balances gentle and active yoga postures, bringing strength, flexibility and mindfulness to the body. Start your evening with renewed energy and vigor. You do not need previous experience, just the desire to participate and a mat.

MISERICORDIA COMMUNITY HOSPITAL (MCH) 16940 - 87 Ave

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DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
WED	HAPPY HOUR YOGA	4:00pm to 5:00pm	Salwa	AUDITORIUM	16-Jan	20-Mar	10	\$80
THURS	30MIN EXPRESS	11:15am to 11:45am	Kelsey	Pulse Generator MCH	17-Jan	28-Feb	7	\$42
THURS	LUNCHTIME HATHA YOGA	12:05pm to 12:55pm	Kelsey	Room 204	17-Jan	21-Mar	10	\$80

****All Classes will be held in the Auditorium (1N-110), except January 16th, February 20th & March 20th will be held in Boardroom (1N-106).**

(Mother Rosalie)

Happy Hour Yoga (Salwa)

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.

30min Express (Kelsey)

3-2-1 Go! 3 rounds of 3 minutes of strength training, 2 minutes of cardiovascular training & 1 minute of core training.

Lunchtime Hatha Yoga (Kelsey)

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.



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