

SPRING 2019 FITNESS CLASS SCHEDULE (EDMONTON)

EARLY BIRD DEAL FOR PG MEMBERS ONLY for 2 days only: March 4th & 5th

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

Non-Pulse Generator Member Registration Begins Wednesday March 6th

SPRING SESSION: April 1st to June 21st, 2019 (No Classes - April 19th, 22nd & May 20th)

GREY NUNS COMMUNITY HOSPITAL (GNCH) 110 Youville Drive

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
THURS	BE YOU PM YOGA	4:30pm to 5:30pm	Kelsey	Room 0647	4-Apr	20-Jun	12	\$96

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

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
WED	HAPPY HOUR YOGA	4:00pm to 5:00pm	Salwa	AUDITORIUM	3-Apr	12-Jun	11	\$88

****All Classes will be held in the Auditorium (1N-110), except April 17th & May 15th will be held in Boardroom (1N-106).**

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 refreshed, energized and relaxed.

THURS	LUNCHTIME HATHA YOGA	12:05pm to 12:55pm	Kelsey	Room 204 (M. Rosalie)	4-Apr	20-Jun	12	\$96
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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.

ROYAL ALEXANDRA HOSPITAL (RAH) 10240 Kingsway

MON	HAPPY HOUR YOGA	4:30pm to 5:30pm	Kelsey	GYMNASIUM	1-Apr	17-Jun	10	\$80
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No Class - April 22nd & May 20th

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 refreshed, energized and relaxed.

TUES	STRENGTH & CONDITIONING SPECIAL	12:10pm to 12:50pm	Lenore	GYMNASIUM	2-Apr	18-Jun	11	\$77
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No Class - May 28th

Join Lenore for this 50-minute interval class that combines cardio based movements with varying strength training exercises to provide a full body workout.

THURS	ZUMBA	12:10pm to 12:50pm	Grace	GYMNASIUM	4-Apr	20-Jun	12	\$84
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This total body workout uses Latin rhythms and easy to follow moves to create a one of a kind class that leave you feeling energized!

NO Refunds or Transfers to any FITNESS CLASSES or PROGRAMS.

UNIVERSITY OF ALBERTA HOSPITAL (UAH) 8440 - 112 Street

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	A HIIT BEFORE NOON	11:30am to 12pm	Breanne	Studio 2	1-Apr	17-Jun	10	\$60
<i>No Class - April 22nd & May 20th</i>								
MON	KARMA YOGA	12:05pm to 12:55pm	Joan/Kelsey	Studio 2	1-Apr	17-Jun	12	NO CHARGE
<i>No Class - April 22nd & May 20th</i>								
TUES	INDOOR BOOT CAMP	6:30 to 7:30am	Mary	Gymnasium	2-Apr	18-Jun	12	\$84
TUES	Mat Pilates CORE	12:05pm to 12:55pm	Shareen	Studio 2	2-Apr	18-Jun	12	\$108
TUES	STRENGTH & CONDITIONING SPECIAL	4:05 to 4:55pm	Lenore	Gymnasium	2-Apr	18-Jun	12	\$84
TUES	HAPPY HOUR YOGA	4:30 to 5:30pm	Kelsey	Studio 2	2-Apr	18-Jun	12	\$96
WED	INTERVAL CONDITIONING	11:15am to 12pm	Breanne	Gymnasium	3-Apr	19-Jun	12	\$84
WED	SHIFT INTO YOGA	12:05 to 12:55pm	Melanie	Studio 2	3-Apr	19-Jun	12	\$96
WED	PILATES REFORMER CORE STRENGTH	12:05 to 12:50pm	Mary	Studio 1	3-Apr	12-Jun	10	\$160
<i>No Class - May 8th</i>								
WED	ULTIMATE SPIN	4:05pm to 4:55pm	Mary	Studio 2	3-Apr	19-Jun	12	\$108
THURS	EARLY RISER SPIN	6:30 to 7:30am	Angela	Studio 2	4-Apr	20-Jun	12	\$108
THURS	PEDAL ON!	12:05 to 12:55pm	Lenore	Studio 2	4-Apr	20-Jun	12	\$108
THURS	PM RESTORATIVE YOGA	4:30 to 5:30pm	Melanie	Studio 2	4-Apr	20-Jun	12	\$96
FRI	A QUICK HIIT	11:30am to 12pm	Breanne	Studio 2	5-Apr	21-Jun	11	\$66
<i>No Class - April 19th</i>								
FRI	THIS GETS INTENSE FRIDAY	12:05 to 12:55pm	Kevin	Studio 2	5-Apr	21-Jun	10	\$70
<i>No Class - April 19th & May 31st</i>								

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.

Indoor Boot Camp (Mary)

Wake up your morning with a fun total body workout that is sure to get your heart pumping.

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Mat Pilates CORE (Shareen)

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 ride. 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 spin? 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. 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 ;)

NO Refunds or Transfers to any FITNESS CLASSES or PROGRAMS.

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