

SUMMER 2019 FITNESS CLASS SCHEDULE (CALGARY ZONE)

Session Dates: July 8th to August 16th, 2019 (No Classes - August 5th)

ONLINE REGISTRATION BEGINS WEDNESDAY JUNE 5th, 2019

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	8-Jul	12-Aug	5	\$45
<i>No Class - August 5th</i>								
TUES	MUSCLE WORKS #1	4:30 to 5:30pm	SONIA	Ed Whalen	9-Jul	13-Aug	6	\$42
WED	FREEDOM FLOW YOGA	4:30 to 5:30pm	JENNIFER Y.	Conference Room 4	10-Jul	14-Aug	6	\$48
All classes are held in Conference Room 4 (4th Floor), except July 24th will be in Conference Room 2 (4th Floor).								
THU	MUSCLE WORKS #2	4:30 to 5:30pm	SONIA	Ed Whalen	11-Jul	15-Aug	6	\$42

CENTRE 15 (C15) 1509 Center Street NW

MON	HATHA YOGA	12:05 to 12:50pm	JEANINE	PR 149	8-Jul	12-Aug	5	\$55
<i>No Class - August 5th</i>								

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

FRI	HATHA YOGA	11am to 12:00pm	MARK	AHLP Gym	12-Jul	16-Aug	6	\$48
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FOOTHILLS MEDICAL CENTER (FMC) 1403-29 Street NW

MON	TOTAL BODY CONDITIONING	12:05 to 12:55pm	VANESSA	AGW7	8-Jul	12-Aug	5	\$35
<i>No Class - August 5th</i>								
MON	PM YOGA	4:15 to 5:15pm	KRISTEL	AGW7	8-Jul	12-Aug	5	\$40
<i>No Class - August 5th</i>								
TUES	LUNCHTIME YOGA	12:05 to 12:55pm	KRISTEL	AGW7	9-Jul	13-Aug	6	\$48
WED	INDOOR BOOT CAMP	12:05 to 12:55pm	VANESSA	AGW7	10-Jul	14-Aug	6	\$42
THU	ZUMBA	12:05 to 12:55pm	JENIFER B.	AGW7	11-Jul	15-Aug	6	\$48
FRI	MUSCLE WORKS	12:05 to 12:55pm	SONIA	AGW7	12-Jul	16-Aug	6	\$42

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	8-Jul	12-Aug	5	\$45

No Class - August 5th

NO Refunds or Transfers to any FITNESS CLASSES or PROGRAMS.

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	9-Jul	13-Aug	6	\$66

PETER LOUGHEED CENTER (PLC) 3500-26 Ave NW

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
TUES	TOTAL BODY CONDITIONING	12:15 to 12:55pm	KAREN	19108	9-Jul	13-Aug	6	\$48

QUARRY PARK PROFESSIONAL (QPP) 109 Quarry Park Blvd SE

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	HATHA YOGA	12:05 to 12:50pm	MICHELLE	3438	8-Jul	12-Aug	5	\$45

No Class - August 5th

All classes are held in Room 3438, except July 8th - Room 2182.

RICHMOND ROAD DIAGNOSTIC TREATMENT CENTER (RRDTC) 1820 Richmond Road SW

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
WED	TOTAL BODY CONDITIONING	12:05 to 12:50pm	KAREN	B434	10-Jul	14-Aug	6	\$42

SOUTHPORT TOWER (SPT) 10301 Southport Lane SW

WED	YOGA CORE	12:05 to 12:50pm	LAILA	SPTT 1021	10-Jul	7-Aug	5	\$45
WED	TOTAL BODY STRENGTH TRAINING	4:15 to 5:00pm	LAILA	SPTT 1021	10-Jul	7-Aug	5	\$40
FRI	HATHA YOGA	12:05 to 12:50pm	HELEN	SPTT 1021	12-Jul	16-Aug	6	\$54

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.

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 II (NWII)

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!!!

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.

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.



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:

PGPrograms@ahs.ca