

Ho-Ho-Holiday Fitness

November 19th to December 21st, 2018

5 Week Session

University of Alberta Hospital

Monday

11:30am to 12:00pm A HIIT before NOON w/ Breanne (\$30)
12:05pm to 12:55pm KARMA YOGA w/ Joan (**FREE for ANYONE**)

Tuesday

6:30am to 7:30am Indoor Boot Camp w/ Mary (\$35)
12:05pm to 12:55pm Mat Pilates CORE w/ Shareen (\$45)
4:05pm to 4:55pm Strength & Conditioning Special w/ Lenore (\$35)
4:30pm to 5:30pm Happy Hour Yoga w/ Kelsey (\$40)

Wednesday

11:15am to 12:00pm Interval Conditioning w/ Breanne (\$35)
12:05pm to 12:55pm Shift Into Yoga w/ Melanie (\$40)

Thursday

6:30am to 7:30am Early Riser Spin w/ Angela (\$45)
12:05pm to 12:55pm Pedal On! w/ Lenore (\$45)
4:30pm to 5:30pm PM Restorative Yoga w/ Melanie (\$40)

Friday

12:05pm to 12:55pm HOLIDAY SURPRISE (class type & instructor are a surprise!)
(FREE for PULSE GENERATOR MEMBERS ONLY)



**ONLINE CLASS REGISTRATION BEGINS FOR ALL
ON WEDNESDAY OCTOBER 24th, 2018.**

Class Fees Are Non-Refundable

Pulse Generator UAH Employee Recreation & Fitness Center
PJ2.00 Walter Mackenzie Center ~ University of Alberta Hospital
780.407.6053 ~ www.pulsegenerator.ca