

## Fall 2019 FITNESS CLASS SCHEDULE (EDMONTON)

### EARLY BIRD DEAL FOR PG MEMBERS ONLY for 2 days only: August 15 & 16

\$5 off your class fees with PROMO CODE - FALLYEG2019

Non-Pulse Generator Member Registration Begins Monday August 19

Fall SESSION: Sept 9 -November 15 (No Classes - October 14, November 11)

#### 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	Christina	Room 0647	12-Sep	14-Nov	10	\$80

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	11-Sep	13-Nov	9	\$72

**\*\*All Classes will be held in the Auditorium (M-110), except Sept 18, Oct 9 will be held in Boardroom (1N-106). No Class October 16**

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)	12-Sep	14-Nov	10	\$80
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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

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
TUES	STRENGTH & CONDITIONING	12:10pm to 12:50pm	Lenore	GYMNASIUM	10-Sep	12-Nov	10	\$70

Make the most of your noon hour. Join Lenore for this energetic 40 min interval based workout. The combination of strength and cardio movements provides for a full body workout.

THURS	ZUMBA	12:05pm to 12:45pm	Grace	GYMNASIUM	12-Sep	14-Nov	10	\$70
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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	9-Sep	4-Nov	8	\$48
<b>No Class - October 14th (Thanksgiving)</b>								
MON	KARMA YOGA	12:05pm to 12:55pm	Joan	Studio 2	9-Sep	4-Nov	7	NO CHARGE
<b>No Classes - October 14th (Thanksgiving) or Oct 21st.</b>								
TUES	MAT PILATES CORE	12:05pm to 12:55pm	Shareen	Studio 2	1-Oct	12-Nov	7	\$63
TUES	S2- STRENGTH & STAMINA	4:05 to 4:55pm	Lenore	Gymnasium	10-Sep	12-Nov	10	\$70
TUES	YOGA MIX	4:30 to 5:30pm	Kelsey	Studio 2	10-Sep	12-Nov	10	\$80
WED	INTERVAL CONDITIONING	11:15am to 12pm	Breanne	Gymnasium	11-Sep	13-Nov	10	\$70
WED	SHIFT INTO YOGA	12:05 to 12:55pm	Melanie	Studio 2	11-Sep	13-Nov	10	\$80
WED	PILATES REFORMER CORE STRENGTH	12:05 to 12:50pm	Mary	Studio 1	11-Sep	13-Nov	10	\$160
WED	B3 - BIKE, BUILD & BURN	4:05pm to 4:55pm	Lenore	Studio 2	11-Sep	13-Nov	10	\$90
THURS	EARLY RISER SPIN	6:30 to 7:30am	Angela	Studio 2	12-Sep	14-Nov	10	\$90
THURS	C1 - FIT CYCLIST	12:05 to 12:55pm	Lenore	Studio 2	12-Sep	14-Nov	10	\$90
THURS	PM RESTORATIVE YOGA	4:30 to 5:30pm	Melanie	Studio 2	12-Sep	14-Nov	10	\$80
FRI	BARBELL STRENGTH	11:30am to 12pm	Breanne	Studio 2	20-Sep	15-Nov	9	\$54
FRI	THIS GETS INTENSE FRIDAY	12:05 to 12:55pm	Kevin	Studio 2	13-Sep	15-Nov	10	\$70

**A HIIT before noon (Breanne)**

Get the HIIT you need on Monday! Intervals will be different every week, long or short intervals, various equipment 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.

**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.

**S2 - Strength & Stamina (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.

**Yoga Mix (Kelsey)**

With a different theme each week, combine alignment with the freedom to play, exploring both familiar and new poses. Slow down, calm your mind and open your heart.

### **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!

### **B3 - Bike, Build & Burn (Lenore)**

A great combo of two popular classes. 30 mins of effective interval training on the bike, followed with 20 mins of strength focused exercises to complete a full body workout. This 50 min class is designed to increase stamina, improve strength & make you sweat.

### **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.

### **C1 - Fit Cyclist (Lenore)**

This 50 min spin class is taught road style, focusing on cycling technique. You'll tackle hills and flats working at your own pace. You'll leave the room feeling as though you have cycled to a unique destination, fitter than when you began.

### **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.

### **Barbell Strength (Breanne)**

Be ready to lift, come ready to sweat! We will be pushing, pulling squatting & deadlifting barbells, using the Iron Grips system.

### **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 to any FITNESS CLASSES or PROGRAMS.**



#### **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@albertahealthservices.ca](mailto:PGPrograms@albertahealthservices.ca)