

Fall 2019 FITNESS CLASS SCHEDULE (CALGARY ZONE)

Session Dates: September 9 - December 13 2019 (No Class - October 14 & November 11)

EARLY BIRD DEAL - August 15 - 20
\$5 OFF your class registration fee (s) with PROMO CODE - FALLYC2019

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	9-Sep	18-Nov	9	\$81
<i>No Class - October 14 & November 11</i>								
TUES	MUSCLE WORKS #1	4:30 to 5:30pm	SONIA	Ed Whalen	10-Sep	10-Dec	14	\$98
WED	FREEDOM FLOW YOGA	4:30 to 5:30pm	JENNIFER Y.	VARIOUS	25-Sep	11-Dec	12	\$96
<i>All classes are held in Conference Room (4th Floor): 01 - Nov 20 02 - Oct 23,30,Nov 6 03 Oct2,9,Nov13,Dec4 04 Sept 25,Oct 16, Nov 27 07 Dec 11</i>								
THU	MUSCLE WORKS #2	4:30 to 5:30pm	SONIA	Ed Whalen	12-Sep	12-Dec	14	\$98

CENTRE 15 (C15) 1509 Center Street NW

MON	HATHA YOGA	12:05 to 12:50pm	JEANINE	PR 149	9-Sep	18-Nov	9	\$99
<i>No Class - October 14 & November 11</i>								
THURS	JUST PILATES	12:05pm to 12:50pm	KRISTEN	PR 149	12-Sep	12-Dec	13	\$130
<i>No class - November 21</i>								

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

FRI	HATHA YOGA	11am to 12:00pm	KATHY	AHLP Gym	13-Sep	13-Dec	13	\$104
<i>No Class October 4</i>								

FOOTHILLS MEDICAL CENTER (FMC) 1403-29 Street NW

MON	TOTAL BODY CONDITIONING	12:05 to 12:55pm	VANESSA	AGW7	9-Sep	9-Dec	12	\$84
<i>No Class - October 14 & November 11</i>								
MON	PM YOGA	4:15 to 5:15pm	KRISTEL	AGW7	9-Sep	9-Dec	12	\$96
<i>No Class - October 14 & November 11</i>								
TUES	LUNCHTIME YOGA	12:05 to 12:55pm	KRISTEL	AGW7	10-Sep	10-Dec	14	\$112
WED	INDOOR BOOT CAMP	12:05 to 12:55pm	VANESSA	AGW7	11-Sep	11-Dec	14	\$98
THU	ZUMBA	12:05 to 12:55pm	JENIFER B.	AGW7	12-Sep	12-Dec	14	\$112
FRI	MUSCLE WORKS	12:05 to 12:55pm	SONIA	AGW7	13-Sep	13-Dec	14	\$98

NO Refunds or Transfers to any FITNESS CLASSES or PROGRAMS.

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	9-Sep	9-Dec	12	\$108

*No Class - October 14 & November 11***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	Gym	10-Sep	19-Nov	11	\$121
THU	JUST PILATES	12:05pm to 12:55pm	JEANINE	Gym	12-Sep	21-Nov	11	\$121

PETER LOUGHEED CENTER (PLC) 3500-26 Ave NW

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	HIGH POWER	12:15 to 12:55pm	MIREILLE	19108	9-Sep	9-Dec	12	\$108
TUES	TOTAL BODY CONDITIONING	12:15 to 12:55pm	KAREN	19108	10-Sep	10-Dec	14	\$112
THU	STRENGTH & STRETCH	12:15 to 12:55pm	KAREN	19108	12-Sep	12-Dec	14	\$112

*No Class - October 14 & November 11***QUARRY PARK PROFESSIONAL (QPP) 109 Quarry Park Blvd SE**

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	HATHA YOGA #1	12:05 to 12:50pm	MICHELLE	2182	9-Sep	9-Dec	12	\$108

*No Class - October 14 & November 11***RICHMOND ROAD DIAGNOSTIC TREATMENT CENTER (RRDTC) 1820 Richmond Road SW**

DAY	CLASS	TIME	INSTRUCTOR	ROOM	START	END	#	COST
MON	TOTAL BODY CONDITIONING #1	12:05 to 12:50pm	KAREN	B434	9-Sep	9-Dec	12	\$84
TUES	MINDFUL FLOW YOGA	12:05 to 12:50pm	KATHY	B434	10-Sep	10-Dec	14	\$154
WED	TOTAL BODY CONDITIONING #2	12:05 to 12:50pm	KAREN	B434	11-Sep	11-Dec	14	\$98
THU	RELAX & RESTORE	12:05 to 12:50pm	KATHY	B434	12-Sep	12-Dec	14	\$154
FRI	HIGH POWER	12:05pm to 12:50pm	MIREILLE	B434	13-Sep	13-Dec	14	\$126

*No Class - October 14 & November 11***NO Refunds or Transfers to any FITNESS CLASSES or PROGRAMS.**

SOUTHPORT TOWER (SPT) 10301 Southport Lane SW

MON	YOGA CORE #1	12:05 to 12:50pm	LAILA	SPTT 1021	9-Sep	9-Dec	12	\$108
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No Class - October 14 & November 11

All classes in SPTT 1021 except October 28 in SPTT 1103

WED	YOGA CORE #2	12:05 to 12:50pm	LAILA	VARIOUS	11-Sep	11-Dec	10	\$90
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No Class - September 25, October 2, October 23 & November 6

Classes in 1008 except Sept 11 - 2123, Sept 18, Nov 20, 27 - 1021, Oct 30 1004.

WED	TOTAL BODY STRENGTH TRAINING	4:15 to 5:00pm	HELEN	VARIOUS	11-Sep	11-Dec	11	\$88
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No Class - September 25, November 20 and November 27

All classes are held in SPTT 1021, except Sept 11, October 16 in room 2123, Oct 30 in 1004 and Nov 13 in 1008

FRI	HATHA YOGA	12:05 to 12:50pm	HELEN	1021	13-Sep	13-Dec	11	\$88
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No Class - Nov 15, Nov 22 & Nov 29

All classes are held in SPTT 1021, except Oct 4 Sppt 1103

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.

Just Pilates (Kristen)

Pilates tones, stretches and rejuvenates the body. There will be an emphasis on core strength and development, leading to postural alignment, core control and increased flexibility while using the Pilates breath. All levels welcome.

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 (MWII)

Just Pilates (Jeanine)

Pilates tones, stretches and rejuvenates the body. There will be an emphasis on core strength and development, leading to postural alignment, core control and increased flexibility while using the Pilates breath. All levels welcome.

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!!!

Strength & Stretch (Karen)

This strength class will support you in defining, developing and toning. This is a great class for runners who need to supplement their training with strength or anyone who needs a well rounded strength-based workout. Every class will end with a great stretch!

High Power (Mireille)

Join Mireille for this HIGH energy class! Reap the benefits of both cardio and strength training with this fun, energizing class! Choreographed H.I.I.T. followed with a strength training routine for a well rounded workout!

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.

Mindful Flow Yoga (Kathy)

A class that builds both strength & flexibility using traditional yoga postures and principals of functional fitness.

Easy to follow instructions as well as modifications offered for various levels.

Relax & Restore (Kathy)

Gentle stretching, breathing, self massage with balls and other proven stress release techniques you can use anywhere. Like a mini retreat, this is your hour of self care.

High Power (Mireille)

Join Mireille for this HIGH energy class! Reap the benefits of both cardio and strength training with this fun, energizing class! Choreographed H.I.I.T. followed with a strength training routine for a well rounded workout!

SOUTHPORT TOWER (SPT)

Yoga Core (Laila)

A hard working energetic class combining stretching, core exercises and yoga strengtheners!

Total Body Strength Training (Helen)

Come have fun with Helen! 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: