

Registered FITNESS COURSES

FITNESS COURSES

These Registered Fitness Courses are for all interests and fitness levels. Our highly trained and enthusiastic instructors will lead you through a fun and challenging workout suited to your needs.

Register online at SportandWellnessReg.MacEwan.ca
Courses require minimum registration numbers to run.

Drop-in Drop-in (where available) is **\$10** for members/students and **\$17.50** for the public. Payment must be in person.

MIND/BODY BUNDLE

SAVE
15%

Balance out your fitness routine and save!
Choose one **Mind** Registered Program and one **Body** Registered Program and save **15%** off of the total cost!*

*Multiple classes from the same category are not eligible for discount.
Register in person at the Welcome Desk. Registration is first come, first served where space is available.

LEGEND: **Drop-in** Drop-in Available

A Aerobics Studio **S** Spin Studio **M** Mind/Body Studio
H High Performance Studio **P** Pool **G** Gymnasium
Virtual **S/M/P** = MacEwan Student/Member/Public

All Fall **Registered Fitness Courses** run 10 weeks.

No classes Oct 8, 10, Nov 12

	CLASS	DESCRIPTION	DAY	DATE	TIME	CLASSES	LOCATION	CODE	PRICE	WITHDRAWAL DEADLINE	INFORMATION
Mind	TRX®-Barre Blend Drop-in	Fuse elements of ballet, Pilates and sport conditioning into a fluid routine that will sculpt and tone your physique combined with TRX suspension trainers to enhance movements and postures.	Tue	Sep 20-Nov 22	12:05-12:55 p.m.	10	M	8933	S/M: \$80 P: \$88	Sep 15	
	Tai Chi Drop-in	Putting meditation into motion. Flow through a series of gentle movements to bring harmony within through mindfulness, strength, balance and flexibility.	Thu	Sep 29-Dec 1	11:05-11:55 a.m.	10	A	8935	S/M: \$80 P: \$88	Sep 15	
	Yin Yoga Drop-in	A gentle yoga practice including deep breathing and extended posture holds.	Thu	Sep 22-Nov 24	5-6 p.m.	10	M	9145	S/M: \$80 P: \$88	Sep 15	<i>Yin and Hatha Flow Yoga participants are encouraged to bring their own mats/props. Mats are available.</i>
	Hatha Flow Yoga Drop-in	Enhance your mobility, strength and stamina with traditional Hatha Yoga blended with Vinyasa flow movements.	Sat	Sep 24-Dec 10	9-10 a.m.	10	A	9144	S/M: \$80 P: \$88	Sep 15	No class Oct 8, Nov 12
Body	Self Defense	Learn functional techniques and improve your fitness to protect yourself. Based on Brazilian Jiu-Jitsu.	Mon	Sep 19-Dec 12	5-6 p.m.	10	M	8936	S/M: \$80 P: \$88	Sep 15	No class Oct 10, Nov 14
	Better Body Bootcamp Drop-in	Use the latest and greatest equipment for a total-body, circuit-style blast.	Mon	Sep 26-Dec 5	12:05-12:55 p.m.	10	H	8945	S/M: \$80 P: \$88	Sep 22	No class Oct 10
	Olympic Weight Lifting	Learn to safely snatch and clean & jerk under the guidance of an NCCP-Weightlifting certified personal trainer. All experience levels welcome.	Tue	Sep 20-Nov 22	5-6 p.m.	10	H	8938	S/M: \$80 P: \$88	Sep 15	
	Zumba Drop-in	Fitness can feel like a party! Choreographed dance and aerobics movements set to latin and international music. Those with two left feet welcome!	Wed	Sep 21-Nov 23	12:05-12:55 p.m.	10	A	8939	S/M: \$80 P: \$88	Sep 15	
	Kickboxing	Former Canadian Champion Gasper Bonomo delivers exhilarating, non-choreographed kickboxing basics to anyone looking to build strength, speed and agility. No experience necessary.	Wed	Sep 21-Nov 23	7-8:30 p.m.	10	M	8941	S/M: \$120 P: \$132	Sep 15	<i>Participants are encouraged to bring their own gloves. Gloves are available if needed.</i>

Prior to the withdrawal deadline, you may withdraw from any registered course for a full refund. **No refunds will be issued for withdrawals after the withdrawal deadline.**

Late registrations may be accepted, pending available space. Speak to a Welcome Desk representative or email WelcomeDesk@MacEwan.ca for assistance.

Reserve your spot in a class, register for programs and find all class and program information online at

SportandWellnessReg.MacEwan.ca
CLICK HERE TO FIND YOUR COURSE AND REGISTER