

Value-Added

FITNESS & AQUATIC CLASSES

VALUE-ADDED CLASSES

These classes are **FREE** for those who have a MacEwan University Sport and Wellness membership or pass. If you are not a member and wish to attend these classes, they are included with paid access: **\$10** for adults and alumni, **\$7.50** for youth (12-17), older adult (55+), and post-secondary students, and **\$6.50** for MacEwan University employees. **\$10** for the public to reserve a Value-Added class online.

MacEwan University students enrolled in 1 or more credits/term and assessed the Sport and Wellness fee are student members.

All classes are taught by certified instructors who are trained to provide different levels of intensity to accommodate all fitness levels, including beginners.

Visit MacEwan.ca/SportandWellness for class details.

All Value-Added classes require reservation online and minimum participation numbers to run. Classes with low numbers are subject to cancellation. Participants will be notified of cancellation by email at least an hour before the class start time.

Fitness Value-Added classes run: **Sep 6-Dec 20***

Aquatic Value-Added classes run: **Sep 6-Dec 23***

**No classes Oct 8, 10, Nov 11, 12*

Legend:

- A Aerobics Studio
- H High Performance Studio
- M Mind/Body Studio
- S Spin Studio
- P Pool
- 📺 Virtual Option
- G Gymnasium



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

	CLASS	DAY	DATE	TIME	LOCATION	CLASS TYPE	INFORMATION
30-Minute Classes	Dynamic Stretch Flow	Wed	Sep 7-Dec 14	5:15-5:45 p.m.	A	Mobility & myofascial release	
	Kettlebell Blitz	Fri	Sep 9-Dec 16	12:15-12:45 p.m.	H	Kettlebell intervals	No class Nov 11
Older Adult	Tone & Balance 📺	Mon	Sep 12-Dec 19	10:05-10:55 a.m.	A + 📺	Endurance & stability	No class Oct 10
		Wed	Sep 7-Dec 14				
	Cardio & Stretch 📺	Tue	Sep 6-Dec 20	10:05-10:55 a.m.	A + 📺	Endurance & mobility	
	HILIT 📺	Thu	Sep 8-Dec 15	10:05-10:55 a.m.	A + 📺	High-intensity, low-impact training	
	Strength & Stretch 📺	Fri	Sep 9-Dec 16	10:05-10:55 a.m.	A + 📺	Strength & mobility	No class Nov 11
Endurance Training	Strength for Endurance	Mon	Sep 19-Dec 19	6:30-7:30 a.m.	H	Endurance resistance training	No class Oct 10
	City Centre Runners	Wed	Sep 7-Dec 14	6-7 p.m.	MUSW Lobby	Run training	Max 10 participants Outdoors if weather permits
Spin Please be punctual to allow time for bike set up.	Spin the Beat	Mon	Sep 12-Dec 19	12:05-12:55 p.m.	S	Cardio RPM to music	No class Oct 10
	Spin Express	Tue	Sep 6-Dec 20	12:15-12:45 p.m.	S	30-minute cardio	
		Wed	Sep 7-Dec 14				
		Sat	Sep 10-Dec 17				No class Oct 8, Nov 12
	Spin & Core	Tue	Sep 6-Dec 20	5-6 p.m.	S + M	Cardio & abs	
	SpinErgy	Thu	Sep 8-Dec 15	6:30-7:20 a.m.	S + H	Cardio & strength circuits	
SpinDurance	Thu	Sep 8-Dec 15	12:05-12:55 p.m.	S	Endurance interval training		
Aquatic Fitness	Shallow & Deep Water Fitness	Mon	Sep 12-Dec 19	9-9:45 a.m.	P Shallow & Deep	Shallow: Low-impact endurance Deep: Aerobic & muscular endurance	No class Oct 10
		Tue	Sep 6-Dec 20	12-12:45 p.m.			
		Wed	Sep 7-Dec 21	9-9:45 a.m.			
		Thu	Sep 8-Dec 22	12-12:45 p.m.			
		Fri	Sep 9-Dec 23	9-9:45 a.m.			No class Nov 11