

# Registered

## FITNESS COURSES

All Winter Registered Fitness Courses run 10 weeks.

These 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](http://SportandWellnessReg.MacEwan.ca). Courses require minimum registration numbers to run.

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

**BUNDLE IT! SAVE 15%**

Balance out your fitness routine and save! Register for **two or more** Registered Fitness Courses at the same time and save **15%** off of the cost!\*

*\*Must register in person at the Welcome Desk for the discount to be applied. Registration is first come, first served where space is available.*

**Legend:** S/M/P = MacEwan Student/Member/Public

- A Aerobics Studio
- H High Performance Studio
- P Pool
- M Mind/Body Studio
- S Spin Studio
- G Gymnasium
- Drop-in Drop-in Available

CLASS	DESCRIPTION	DAY	DATE	TIME	CLASSES	LOCATION	CODE	EARLY BIRD PRICE	EARLY DEADLINE	REGULAR PRICE	WITHDRAWAL DEADLINE	INFORMATION
<b>Drop-in</b> Zumba	Fitness can feel like a party! Choreographed dance & aerobics movements set to latin and international music. Those with two left feet are welcome!	Mon	Jan 22-Apr 8	4-5 p.m.	10	<span style="color: red;">A</span>	10618	S/M: \$80 P: \$88	Jan 11	S/M: \$90 P: \$98	Jan 18	No class Feb 19, Apr 1
<b>Olympic Weight Lifting</b>	Learn to safely snatch and clean & jerk under the guidance of an NCCP-Weightlifting certified personal trainer. All experience levels welcome.	Mon	Jan 22-Apr 8	5-6 p.m.	10	<span style="color: green;">H</span>	10616	S/M: \$80 P: \$88	Jan 11	S/M: \$90 P: \$98	Jan 18	<b>No registration available after the second class.</b> No class Feb 19, Apr 1
<b>Drop-in</b> Pilates Level I	Centre your body through stabilization and functional movement.	Tue	Jan 23-Mar 26	11:05-11:55 a.m.	10	<span style="color: yellow;">M</span>	10619	S/M: \$80 P: \$88	Jan 11	S/M: \$90 P: \$98	Jan 18	Participants are encouraged to bring their own mats. Mats are available if needed.
<b>Drop-in</b> Barre Fitness	Fuse elements of ballet, Pilates, and sport conditioning into a fluid routine that will sculpt and tone your physique.	Tue	Jan 23-Mar 26	12:05-12:55 p.m.	10	<span style="color: yellow;">M</span>	10620	S/M: \$80 P: \$88	Jan 11	S/M: \$90 P: \$98	Jan 18	Participants are encouraged to bring their own mats. Mats are available if needed.
<b>Self Defense</b>	Improve fitness and learn functional techniques to protect yourself based on Brazilian Jiu-Jitsu.	Tue	Jan 23-Mar 26	5-6 p.m.	10	<span style="color: red;">A</span>	10638	S/M: \$80 P: \$88	Jan 11	S/M: \$90 P: \$98	Jan 18	<b>No registration available after the second class.</b>
<b>Kickboxing</b>	Learn a progression of exhilarating, non-choreographed kickboxing basics suitable for anyone looking to build strength, speed and agility. No experience necessary.	Thu	Jan 25-Mar 28	6:30-8 p.m.	10	<span style="color: yellow;">M</span>	10784	S/M: \$120 P: \$132	Jan 11	S/M: \$130 P: \$142	Jan 18	<b>No registration available after the second class.</b> Participants are encouraged to bring their own gloves. Gloves are available if needed.
<b>Drop-in</b> Sunrise Yoga	Wake your body up through the first half of this class with gentle stretches and movements, followed by a high-energy vinyasa practice to get energized for the rest of your day.	Thu	Jan 25-Mar 28	6:30-7:30 a.m.	10	<span style="color: red;">A</span>	10640	S/M: \$80 P: \$88	Jan 11	S/M: \$90 P: \$98	Jan 18	Participants are encouraged to bring their own mats/props. Mats are available if needed.
<b>Drop-in</b> Pilates Level II	Enhance the base you've built in your body's foundation with next level functional movements.	Thu	Jan 25-Mar 28	12:05-12:55 p.m.	10	<span style="color: yellow;">M</span>	10641	S/M: \$80 P: \$88	Jan 11	S/M: \$90 P: \$98	Jan 18	Participants are encouraged to bring their own mats. Mats are available if needed.
<b>Drop-in</b> Better Body Bootcamp	Use the latest and greatest equipment for a total-body, circuit-style blast.	Thu	Jan 25-Mar 28	12:05-12:55 p.m.	10	<span style="color: green;">H</span>	10615	S/M: \$80 P: \$88	Jan 11	S/M: \$90 P: \$98	Jan 18	
<b>Drop-in</b> Yin Yoga	A gentle, slow-paced yoga practice with asanas held for longer periods of time, typically 3-5 minutes. Bring calmness, balance, and mobility to the mind and body.	Thu	Jan 25-Mar 28	5-6 p.m.	10	<span style="color: yellow;">M</span>	10642	S/M: \$80 P: \$88	Jan 11	S/M: \$90 P: \$98	Jan 18	Participants are encouraged to bring their own mats/props. Mats are available if needed.
<b>Drop-in</b> Hatha Flow Yoga	Enhance your mobility, strength and stamina with traditional Hatha Yoga blended with Vinyasa flow movements.	Sat	Jan 27-Apr 13	9-10 a.m.	10	<span style="color: red;">A</span>	10643	S/M: \$80 P: \$88	Jan 11	S/M: \$90 P: \$98	Jan 18	No class Feb 17, Mar 30

### WITHDRAWAL DEADLINES

[CLICK HERE FOR FULL CANCELLATION POLICIES](#)

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.**

Registration may be available after the Withdrawal Deadline pending space. Please email [WelcomeDesk@MacEwan.ca](mailto:WelcomeDesk@MacEwan.ca) or speak to a Welcome Desk representative to check for additional availability.

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

**[SportandWellnessReg.MacEwan.ca](http://SportandWellnessReg.MacEwan.ca)**

[CLICK HERE TO FIND YOUR COURSE AND REGISTER](#)