

Value-Added

FITNESS & AQUATIC CLASSES

Value-Added classes run: **Sep 5-Dec 20\***  
*\*No classes Oct 7, 9, Nov 11, 13*

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: **\$10.25** for adults and alumni, **\$8** for youth (12-17), older adult (55+), and post-secondary students, and **\$7** for MacEwan University employees. **\$10.25** 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.

Reserve your space up to a week in advance online or at the Welcome Desk. Classes with low numbers are subject to cancellation. Registered participants will be notified of cancellation by email at least an hour before the class start time.

Legend:

- A

Aerobics Studio
- H

High Performance Studio
- M

Mind/Body Studio
- S

Spin Studio
- P

Pool
- G

Gymnasium

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 CLASS AND RESERVE

	CLASS	DAY	DATE	TIME	LOCATION	CLASS TYPE	INFORMATION
30/45-Minute Classes	Spin Express	*See Spin section below for dates and times			S	30-minute cardio	
	Strength 45	Mon	Sep 11-Dec 18	6-6:45 p.m.	H	Full-body strength w/ free weights	No class Oct 9, Nov 13
	Dynamic Stretch Flow	Wed	Sep 6-Dec 20	5:15-5:45 p.m.	A	Mobility and myofascial release	
	Kettlebell Blitz	Fri	Sep 8-Dec 15	11:15-11:45 a.m.	H	Kettlebell intervals	
Older Adult	Tone & Balance	Mon	Sep 11-Dec 18	10:05-10:55 a.m.	A	Endurance & stability	No class Oct 9, Nov 13
		Wed	Sep 6-Dec 20				
	Cardio & Stretch	Tue	Sep 5-Dec 19	10:05-10:55 a.m.	A	Endurance & mobility	
	Sit & Be Fit	Thu	Sep 7-Dec 14	9-9:50 a.m.	A	Low-impact strength & mobility	
	HILIT	Thu	Sep 7-Dec 14	10:05-10:55 a.m.	A	High-intensity, low-impact training	
	Strength & Stretch	Fri	Sep 8-Dec 15	10:05-10:55 a.m.	A	Strength & mobility	
Endurance Training	City Centre Runners	Wed	Sep 6-TBD	6-7:30 p.m.	MUSW Lobby	Run training	Outdoor as long as weather allows, then move to Cardio Zone and shorten to one hour
			TBD-Dec 20	6-7 p.m.	Cardio zone		
Spin Please be punctual to allow time for bike set up.	SpinSanity	Mon	Sep 11-Dec 18	12:05-12:55 p.m.	S	Cardio cadence work	No class Oct 9, Nov 13
		Wed	Sep 6-Dec 20				
	SpinErgy	Tue	Sep 5-Dec 19	6:30-7:25 a.m.	S + H	Cardio & synergy strength	
		Sat	Sep 9-Dec 16	12-12:55 p.m.			No class Oct 7, Nov 11
	Spin & Core	Tue	Sep 5-Dec 19	5-6 p.m.	S + M	Cardio & abs	
	Spin Xpress	Tue	Sep 5-Dec 19	12:15-12:45 p.m.	S	30-minute cardio	
		Thu	Sep 7-Dec 14				
	Spin & Strength	Thu	Sep 7-Dec 14	6-7 p.m.	S + M	Cardio & resistance exercises	
Aquatic Fitness	Shallow & Deep Water Fitness	Mon	Sep 11-Dec 18	9-9:45 a.m.	Shallow & Deep	Shallow: Low-impact endurance  Deep: Aerobic & muscular endurance	No class Oct 9, Nov 13
		Tue	Sep 5-Dec 19	12-12:45 p.m.			
		Wed	Sep 6-Dec 20	9-9:45 a.m.			
		Thu	Sep 7-Dec 14	12-12:45 p.m.			
		Fri	Sep 8-Dec 15	9-9:45 a.m.			