

Value-Added

FITNESS & AQUATIC CLASSES

Value-Added classes run: **Jan 2-Apr 27***
 *No classes Feb 17, 19, Mar 29, 30, Apr 1

VALUE-ADDED CLASSES

These classes are **FREE** for those who have a MacEwan University Sport and Wellness membership or pass. Public members are welcome to join by paying the facility drop-in fee: **\$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. Registered participants will be notified of cancellation by email at least an hour before the class start time. Classes with low numbers are subject to cancellation.

Legend:

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

Sensory Studio

DROP-INS

De-stress with special sensory studio themes throughout the semester! Follow Sport and Wellness on social media for dates and information.

[f](#) [X](#) [@](#) [@MacEwanWellness](#)

30/45-Minute Classes

CLASS	DAY	DATE	TIME	LOCATION	CLASS TYPE	INFORMATION
Spin Express		*See Spin section below for dates and times		S	30-minute cardio	
Strength 45	Mon	Jan 8-Apr 22	6-6:45 p.m.	A	Full-body strength w/ free weights	No class Feb 19, Apr 1
Dynamic Stretch Flow	Wed	Jan 3-Apr 24	5:15-5:45 p.m.	A	Mobility and myofascial release	
Kettlebell Blitz	Wed	Jan 3-Apr 24	12:05-12:50 p.m.	H	Kettlebell intervals	No class Mar 29
	Fri	Jan 5-Apr 26				

Low Impact Training

Tone & Balance	Mon	Jan 8-Apr 22	10:05-10:55 a.m.	A	Endurance & stability	No class Feb 19, Apr 1
	Wed	Jan 3-Apr 24				
Cardio & Stretch	Tue	Jan 2-Apr 23	10:05-10:55 a.m.	A	Endurance & mobility	
Sit & Be Fit	Thu	Jan 4-Apr 25	9-9:50 a.m.	A	Low-impact strength & mobility	
HILIT	Thu	Jan 4-Apr 25	10:05-10:55 a.m.	A	High-intensity, low-impact training	
Strength & Stretch	Fri	Jan 5-Apr 26	10:05-10:55 a.m.	A	Strength & mobility	No class Mar 29

Endurance Training

Coached Swim Training	Wed	Jan 3-Apr 24	12:05-12:55 p.m.	Pool	Swim training	
Cardio Power Hour	Wed	Jan 3-Apr 24	6-7 p.m.	Fitness Centre	Machine cardio intervals	

Spin


Please be punctual to allow time for bike set up.

SpinSanity	Mon	Jan 8-Apr 22	12:05-12:55 p.m.	S	Cardio cadence work	No class Feb 19, Apr 1
Spin Xpress	Tue	Jan 2-Apr 23	12:15-12:45 p.m.	S	30-minute cardio	
	Thu	Jan 4-Apr 25				
Spin & Strength	Tue	Jan 2-Apr 23	5-6 p.m.	S + M	Cardio & resistance exercises	
	Thu	Jan 4-Apr 25	6-7 p.m.			
SpinErgy	Thu	Jan 4-Apr 25	6:30-7:25 a.m.	S + H	Cardio & synergy strength	No class Feb 17, Mar 30
	Sat	Jan 6-Apr 27	12-12:55 p.m.			

Aquatic Fitness

Shallow & Deep Water Fitness	Mon	Jan 8-Apr 22	9-9:45 a.m.	P Shallow & Deep	Shallow: Low-impact endurance Deep: Aerobic & muscular endurance	No class Feb 19, Apr 1
	Tue	Jan 2-Apr 23	12-12:45 p.m.			
	Wed	Jan 3-Apr 24	9-9:45 a.m.			
	Thu	Jan 4-Apr 25	12-12:45 p.m.			
	Fri	Jan 5-Apr 26	9-9:45 a.m.			No class Mar 29

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