

CONDITIONING & TRAINING

New! **Balletone (16Y+)**
 Balletone Standing Flow is a class that creates a challenging mix of muscle conditioning and stretching exercises designed to lengthen, strengthen and energize the entire body all derived from Ballet inspired movements. By blending principles from classical Ballet, Pilates, stretching and fitness, Balletone Standing Flow delivers a unique approach to enjoying exercise.

Sa	May 1- Jun 26	08:30 AM-09:25 AM	\$95/8	[18100]
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Boulder Bootcamp (18Y+)

Reach new heights and improve overall fitness with this circuit style class. Includes an introduction to our climbing wall followed by skills and drills using a variety of fitness equipment to develop strength, muscular endurance and confidence.

M	May 3- Jun 28	07:00 PM-08:00 PM	\$95/8	[18230]
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Fitness 101: for Women (18Y+)

Not sure where to start? This women's only program provides an introduction to our fitness centre, circuit, and interval training and teaches you how to use the weight training machines and free weights correctly.

Th	May 6- Jun 24	07:00 PM-08:30 PM	\$114/8	[18148]
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Hard Core (16Y+)

Are you up for the challenge? Drills in this core class range from bodyweight exercises to fit-balls and target every abdominal and lower back muscle group. You'll leave this class knowing about your "core" strengths and how to develop them.

M	May 3- Jun 28	07:00 PM-07:55 PM	\$92/8	[18032]
M	Jul 5- Aug 23	07:00 PM-07:55 PM	\$82/7	[18034]

Kickboxing Conditioning (16Y+)

Master fundamental kickboxing techniques and develop speed, coordination and self-defense skills. A high energy non-contact class that builds all around strength and fitness.

M	May 3- Jun 28	08:30 PM-09:30 PM	\$93/8	[18138]
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Outdoor Bootcamp (16Y+)

Are you ready to add excitement and intensity to your fitness program? Join us for drills to improve your cardiovascular fitness, strength, agility and core stability. Classes may include resistance training, running, ball work, stairs, relays, and more. Sessions are held outdoors so come dressed for the weather.

W	May 5- Jun 23	06:15 PM-07:15 PM	\$95/8	[17993]
W	Jul 7- Aug 25	06:15 PM-07:15 PM	\$95/8	[18010]
M	Jul 5- Aug 23	06:15 PM-07:15 PM	\$83/7	[18011]

New! **Pumped Up Pilates (16Y+)**
 Improve your posture and mind/body balance while strengthening your core. Free weight resistance is incorporated into this course to help you take your fitness program to the next level.

Tu	May 4- Jun 22	06:05 PM-07:05 PM	\$95/8	[18113]
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New! **TRX Endurance Circuit (16Y+)**
 Use the TRX along with other equipment in this dynamic circuit style class which challenges your core stability, strength, endurance, and flexibility.

Th	May 6- Jun 24	08:15 PM-09:15 PM	\$114/8	[18145]
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New! **TRX Suspension Training (16Y+)**
 Innovative TRX equipment allows you to achieve a complete workout using your own bodyweight through multiple planes of motion. Have fun while improving your strength, core stability and flexibility.

Tu	May 4- Jun 22	07:00 PM-08:00 PM	\$114/8	[18144]
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Dance

Introduction to Belly Dancing (18Y+)

Challenge your core assets as you learn some exciting belly dance style moves. Your instructor breaks down and demonstrates each pattern, allowing you to master fun, exhilarating choreography. Great Cardio too as you work over 600 muscles!

Tu	Jul 6- Aug 24	06:50 PM-07:50 PM	\$95/8	[18041]
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Living Well Program



Living Well with a Chronic Condition is a Alberta Health Services Support Program for people with diabetes, high blood pressure, heart disease, chronic lung disease, chronic pain and other long term illnesses. The program is divided into three parts: supervised exercise, educational and self management classes. On completion of the Living Well Program clients are invited to join the Living Well Maintenance Program. For more information or to register call 403-943-2584.

Bollywood Dance (16Y+)

Studio Bollywood I Dance, whose artistic and choreographic directors are from the Bollywood film industry and have 15 years of professional experience, collaborated with Cardel Place to offer Bollywood Indo- Jazz. Designed for adults of all dance levels and abilities, this class incorporates the latest Bollywood and Indo-Jazz style choreography with high-energy dance songs. Come find your rhythm!

W	May 5- Jun 23	06:00 PM-07:00 PM	\$120/8	[18043]
W	Jul 7- Aug 25	06:00 PM-07:00 PM	\$120/8	[18045]

Diva Dance (18Y+)

Ladies, unleash your inner Diva! Strippersize movements strengthen, tone and invigorate your whole body, leaving you smiling, sweating and with a sexy new shape.

Tu	May 4- Jun 22	06:50 PM-07:50 PM	\$95/8	[18040]
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GROUP FITNESS

Baby & You

New! Baby & You Bootcamp (18Y+)

Improves core and abdominal strength, tone, muscular strength, endurance and cardiovascular fitness for new moms. Babies and strollers welcome.

W, F	May 5- Jun 23	09:30 AM-10:30 AM	\$147/14	[18101]
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New! Baby & You Outdoor Bootcamp Level 1 (18Y+)

We're taking our Baby & You Workout class outside! Enjoy the outdoors in the company of other new parents. This progressive program enables you to see gains in cardio fitness, muscular conditioning, and, of course, your social circle. Come prepared for the weather. Babies and strollers welcome.

Tu	Jul 5- Aug 24	09:45 AM-10:45 AM	\$84/8	[18106]
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New!

Baby & You Outdoor Bootcamp Level 2 (18Y+)

Take your fitness program to the next level as you exercise with baby! With an increased intensity, this class is suitable for those who are already comfortable with running. Come prepared for the weather.

Th	Jul 8- Aug 26	09:45 AM-10:45 AM	\$84/8	[18110]
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Post-Natal Stroller-Cycle (18Y+)

Use the Keiser M3 bikes as well as other fitness tools to improve your overall fitness level as you bond with baby and socialize with other new moms.

Tu	May 4- Jun 15	10:30 AM-11:30 AM	\$73/7	[18112]
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Pre-Natal Yoga (18Y+)

Gentle poses, breathing exercises and relaxation techniques help you stretch and strengthen, manage stress, cope with labor, and feel more energetic and balanced.

Th	May 6- Jun 24	06:10 PM-07:10 PM	\$118/8	[18124]
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Th	Jul 8- Aug 26	06:00 PM-06:55 PM	\$118/8	[18126]
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WELLNESS

Kids Yoga (6Y - 12Y)

Yoga is an excellent way for kids to deal with the pressures of today's world. Yoga develops coordination, flexibility, strength, and helps to focus the mind. Through breathing exercises, poses, and activities, children gain confidence while expressing creativity.

(6Y-8Y)

Tu	May 4- Jun 22	04:15 PM-05:00 PM	\$87/8	[18013]
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(9Y-12Y)

Tu	May 4- Jun 22	05:00 PM-06:00 PM	\$87/8	[18014]
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Therapeutic Yoga for Cancer Survivors



This gentle, seven week yoga program is based on hatha yoga, but has been modified for people who are particularly stiff, immobile, injured, ill and/or under extreme stress. No previous yoga experience is required. The classes are kept small to ensure individual attention and safety. Equipment is provided. All instructors are certified and have received cancer-specific training. Classes are 75 minutes long and meet once weekly on Thursdays (4:30 PM-05:45 PM) at Cardel Place. Programs are held five times per year and are open to all cancer survivors and their support person(s).

To register, please call Campus Recreation, University of Calgary at 403-220-7749.

Energize

Family Yoga (4Y+)

Does your family need to take a deep breath? Relax and unwind with your child through imaginative and fun flowing yoga poses. Develop strength, flexibility, coordination and body awareness while taking time out together. Price is per person.

Th	May 6- Jun 24	05:00 PM-06:00 PM	\$78/8	[18128]
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(Ashtanga) Power Yoga Beginner (16Y+)

Power Yoga is a flow style practice based on the Ashtanga Yoga system. Following instructor cues, move from pose to pose and learn what your yoga postures should feel like. This balanced practice is great for building strength and flexibility for the entire body.

Tu	May 4- Jun 22	07:10 PM-08:10 PM	\$97/8	[18114]
Th	May 6- Jun 24	07:15 PM-08:15 PM	\$97/8	[18116]
Tu	Jul 6- Aug 24	07:10 PM-08:10 PM	\$97/8	[18118]

(Ashtanga) Power Yoga Intermediate (16Y+)

Vigorous and athletic, Power Yoga based on the Ashtanga yoga system is also challenging and strengthening. Our 75-minute classes help you advance your yoga postures, poses and flow.

Tu	May 4- Jun 22	08:15 PM-09:30 PM	\$114/8	[18122]
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Hatha Yoga Beginner (16Y+)

Soothe your mind, body and soul with this introduction to Hatha Yoga. You'll learn basic posture, movement and poses, proper breathing and relaxation techniques. A calming way to lengthen and tone muscles and improve overall health.

Su	May 2- Jun 27	11:00 AM-12:00 PM	\$96/8	[18023]
M	May 3- Jun 28	08:00 PM-09:00 PM	\$96/8	[18022]
Su	Jul 5- Aug 23	08:00 PM-09:00 PM	\$84/7	[18036]

New!

Men's Yoga (18Y+)

This class is designed just for "the guys". Instructor Rob Anger leads you through Ch'an Yoga poses: blending passive and dynamic movements. Learn to balance strength with flexibility, prevent sports injuries, and reduce stress. Suitable for all skill levels.

Th	May 6- Jun 24	08:20 PM-09:20 PM	\$96/8	[18149]
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New!

Tai Chi (4Y+)

Reduce stress and invigorate your spirit through this graceful art form. Learn postures and breathing techniques that enhance strength and flexibility, improve circulation, and promote an overall sense of well being. Instructor: Master Mo Fan, National and International Tai Chi Champion, first level coach certificate.

M	May 3- Jun 28	08:00 AM-09:00 AM	\$80/8	[18028]
M	Jul 5- Aug 16	08:00 AM-09:00 AM	\$60/6	[18031]