

GROUP FITNESS

Baby & You

Baby & You Workout (18Y+)

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

W, F	Jan 13-Mar 5	09:30 AM-10:30 AM	\$168/16	[17020]
W, F	Mar 10-Apr 28	09:30 AM-10:30 AM	\$147/14	[17021]

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	Jan 14-Mar 4	06:10 PM-07:10 PM	\$118/8	[17120]
Th	Mar 11-Apr 29	06:10 PM-07:10 PM	\$118/8	[17121]

Dance

New!

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	Jan 13-Mar 3	06:00 PM-07:00 PM	\$120/8	[17205]
W	Mar 10-Apr 28	06:00 PM-07:00 PM	\$120/8	[17206]

Dancing Divas (16Y+)

Unleash your inner diva with some sexy new moves! We've combined our popular Diva Dance (strippersize movements) with Arabic Dance (belly dance style) to give you the best of both worlds. Strengthen, tone and invigorate your body while having a ton of fun.

Tu	Jan 12-Mar 2	06:50 PM-07:50 PM	\$95/8	[17127]
Tu	Mar 9-Apr 27	06:50 PM-07:50 PM	\$95/8	[17128]

Hips 'n' Salsa (16Y+)

Leave your inhibitions at the door and bring lots of energy! Benefit from the cardio and strength workout you receive from this spicy Salsa class and have fun learning moves you can take to the dance floor. No dance experience necessary.

Th	Jan 14-Mar 4	08:15 PM-09:15 PM	\$95/8	[17131]
Th	Mar 11-Apr 29	08:15 PM-09:15 PM	\$95/8	[17132]

Energize

Conditioning and Training

Boulder Bootcamp (16Y+)

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	Jan 11-Mar 1	07:00 PM-08:00 PM	\$83/7	[17030]
M	Mar 8-Apr 26	07:00 PM-08:00 PM	\$95/8	[17031]

Check out “Climbing Conditioning for Teens” and “TRI-it” on page 6.

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	Jan 11-Mar 1	07:00 PM-07:55 PM	\$80/7	[17022]
M	Mar 8-Apr 26	07:00 PM-07:55 PM	\$92/8	[17023]



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	Jan 11-Mar 1	08:30 PM-09:30 PM	\$81/7	[17028]
M	Mar 8-Apr 26	08:30 PM-09:30 PM	\$93/8	[17029]

Pilates Beginner (16Y+)

This beginner Pilates program introduces your body to an entire sequence of stretching and strengthening exercises. This class focuses on the concepts of awareness, balance, breathing, focus, concentration, control, flowing movement and precision.

Tu	Jan 12-Mar 2	06:05 PM-07:00 PM	\$95/8	[17194]
Tu	Mar 9-Apr 27	06:05 PM-07:00 PM	\$95/8	[17195]

Pilates Intermediate (16Y+)

Take your pilates training to the next level! Learn simple changes in body position to challenge your mat workouts in new ways. Brings length and strength to your muscles using body weight exercises. Prerequisite: Pilates Beginner.

Th	Jan 14-Mar 4	08:20 PM-09:35 PM	\$112/8	[17196]
Th	Mar 11-Apr 29	08:20 PM-09:35 PM	\$112/8	[17197]



Tour de Cardel (16Y+)

Kick start your weekend with this energetic cycling class on our Keiser M3 bikes. Improve your aerobic capacity, leg strength, power and riding technique. The course format is progressive and includes starting and finishing power measurements.

Sa	Jan 9-Feb 27	08:30 AM-09:25 AM	\$92/8	[17105]
Sa	Mar 6-Apr 24	08:30 AM-09:25 AM	\$80/7	[17106]

Ready to get serious about achieving your goals? Pick up a Personal Training or Amateur Sport Training Brochure from the Fitness Centre.

Energize

Living Well Program



**Alberta Health
Services**

Living Well with a Chronic Condition is a Calgary Health Region 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.

Wellbeing

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	Jan 12-Mar 2	04:15 PM-05:00 PM	\$87/8	[17057]
Tu	Mar 9-Apr 27	04:15 PM-05:00 PM	\$87/8	[17059]

(9Y-12Y)

Tu	Jan 12-Mar 2	05:00 PM-06:00 PM	\$87/8	[17058]
Tu	Mar 9-Apr 27	05:00 PM-06:00 PM	\$87/8	[17060]

Check out "Girls Teen Yoga" on page 5.

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	Jan 14-Mar 4	05:00 PM-06:00 PM	\$78/8	[17122]
Th	Mar 11-Apr 29	05:00 PM-06:00 PM	\$78/8	[17123]

(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	Jan 12-Mar 2	07:10 PM-08:10 PM	\$97/8	[17032]
Th	Jan 14-Mar 4	07:15 PM-08:15 PM	\$97/8	[17034]
Tu	Mar 9-Apr 27	07:10 PM-08:10 PM	\$97/8	[17033]
Th	Mar 11-Apr 29	07:15 PM-08:15 PM	\$97/8	[17035]

(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	Jan 12-Mar 2	08:15 PM-09:30 PM	\$114/8	[17116]
Tu	Mar 9-Apr 27	08:15 PM-09:30 PM	\$114/8	[17117]



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	Jan 10-Feb 28	11:00 AM-12:00 PM	\$96/8	[17025]
M	Jan 11-Mar 1	08:00 PM-09:00 PM	\$84/7	[17024]
Su	Mar 7-Apr 25	11:00 AM-12:00 PM	\$84/7	[17026]
M	Mar 8-Apr 26	08:00 PM-09:00 PM	\$96/8	[17027]

Therapeutic Yoga for Cancer Survivors



**Alberta Health
Services**

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 Jan 7 - Feb 25. 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.