

### BOXER'S WORKOUT

#### AGE: 12Y AND UP

Get a taste of key boxing training principles such as shadow boxing, circuit training and skipping. You'll work with various equipment and have the option of sparring to round out your experience.

#### EAU CLAIRE YMCA

35500	W	6:30- 8:00PM	Apr 2	Classes: 12	M \$90	NM \$180
35501	Th	5:15- 6:45PM	Apr 3	Classes: 12	M \$90	NM \$180

#### SHAWNESSY YMCA

35502	W	5:30- 7:00PM	Apr 2	Classes: 12	M \$90	NM \$180
36671	W	5:30- 7:00PM	Jul 2	Classes: 8	M \$60	NM \$120

### CLIMBING • RELATIVES 'N RAPPELERS

#### AGE: 6Y AND UP

Are you looking for an adventurous family activity? Your entire family can discover how to climb safely indoors. Learn knot tying techniques and safety skills. Adults and youth 12 and up will find out how to belay properly so children 11 and under can climb with them. Parents must register with their children. The registration fee is per person.

#### SHAWNESSY YMCA

35548	Sa	6:00- 7:30PM	Apr 5	Classes: 12	M \$60	NM \$84
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### CLIMBING • APPALACHIANS

#### AGE: 18Y AND UP

New to climbing? Let us introduce you to safety considerations, basic climbing style and techniques as well as warm-up stretches and training ideas.

#### SHAWNESSY YMCA

35513	Th	7:00- 8:30PM	Apr 3	Classes: 12	M \$192	NM \$228
36673	Tu	6:00- 7:30PM	Jul 8	Classes: 7	M \$112	NM \$133

### CLIMBING • FIRST ASCENTS

#### AGE: 14Y AND UP

Strive for new heights with this one-day course designed for beginners. Learn how to top-roped - the basic form of rope climbing, safety procedures - as well as belay techniques, knot tying and how to use your equipment properly.

#### SHAWNESSY YMCA

35533	W	8:00- 9:30PM	Apr 2	Classes: 1	M \$40	NM \$45
35522	Sa	10:30-12:00PM	Apr 5	Classes: 1	M \$40	NM \$45
35534	W	8:00- 9:30PM	Apr 9	Classes: 1	M \$40	NM \$45
35523	Sa	10:30-12:00PM	Apr 12	Classes: 1	M \$40	NM \$45
35535	W	8:00- 9:30PM	Apr 16	Classes: 1	M \$40	NM \$45
35525	Sa	10:30-12:00PM	Apr 19	Classes: 1	M \$40	NM \$45
35536	W	8:00- 9:30PM	Apr 23	Classes: 1	M \$40	NM \$45
35526	Sa	10:30-12:00PM	Apr 26	Classes: 1	M \$40	NM \$45
35537	W	8:00- 9:30PM	Apr 30	Classes: 1	M \$40	NM \$45
35527	Sa	10:30-12:00PM	May 3	Classes: 1	M \$40	NM \$45
35538	W	8:00- 9:30PM	May 7	Classes: 1	M \$40	NM \$45
35528	Sa	10:30-12:00PM	May 10	Classes: 1	M \$40	NM \$45
35539	W	8:00- 9:30PM	May 14	Classes: 1	M \$40	NM \$45
35529	Sa	10:30-12:00PM	May 17	Classes: 1	M \$40	NM \$45
35540	W	8:00- 9:30PM	May 21	Classes: 1	M \$40	NM \$45

35530	Sa	10:30-12:00PM	May 24	Classes: 1	M \$40	NM \$45
39871	W	8:00- 9:30PM	May 28	Classes: 1	M \$40	NM \$45
35531	Sa	10:30-12:00PM	May 31	Classes: 1	M \$40	NM \$45
35541	W	8:00- 9:30PM	Jun 4	Classes: 1	M \$40	NM \$45
35532	Sa	10:30-12:00PM	Jun 7	Classes: 1	M \$40	NM \$45
35542	W	8:00- 9:30PM	Jun 11	Classes: 1	M \$40	NM \$45
35524	Sa	10:30-12:00PM	Jun 14	Classes: 1	M \$40	NM \$45
35543	W	8:00- 9:30PM	Jun 18	Classes: 1	M \$40	NM \$45
39872	Sa	10:30-12:00PM	Jun 21	Classes: 1	M \$40	NM \$45
36677	Th	5:00- 6:30PM	Jul 3	Classes: 1	M \$40	NM \$45
36685	Sa	10:30-12:00PM	Jul 5	Classes: 1	M \$40	NM \$45
36678	Th	5:00- 6:30PM	Jul 10	Classes: 1	M \$40	NM \$45
36686	Sa	10:30-12:00PM	Jul 12	Classes: 1	M \$40	NM \$45
36679	Th	5:00- 6:30PM	Jul 17	Classes: 1	M \$40	NM \$45
36687	Sa	10:30-12:00PM	Jul 19	Classes: 1	M \$40	NM \$45
36680	Th	5:00- 6:30PM	Jul 24	Classes: 1	M \$40	NM \$45
36688	Sa	10:30-12:00PM	Jul 26	Classes: 1	M \$40	NM \$45
36681	Th	5:00- 6:30PM	Jul 31	Classes: 1	M \$40	NM \$45
36682	Th	5:00- 6:30PM	Aug 7	Classes: 1	M \$40	NM \$45
36689	Sa	10:30-12:00PM	Aug 9	Classes: 1	M \$40	NM \$45
36683	Th	5:00- 6:30PM	Aug 14	Classes: 1	M \$40	NM \$45
36690	Sa	10:30-12:00PM	Aug 16	Classes: 1	M \$40	NM \$45
36684	Th	5:00- 6:30PM	Aug 21	Classes: 1	M \$40	NM \$45
36691	Sa	10:30-12:00PM	Aug 23	Classes: 1	M \$40	NM \$45

### CLIMBING • WOMEN WITH ALTITUDE

#### AGE: 18Y AND UP

Experience the sense of power and accomplishment climbing has to offer in this specialized course for women. Female instructors will teach you skills to develop confidence as well as muscular strength and endurance. You'll reach new heights in your workout routine.

#### SHAWNESSY YMCA

35551	M	6:30- 8:00PM	Mar 31	Classes: 11	M \$176	NM \$209
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### CORE STABILITY

#### AGE: 12Y AND UP

Increase agility, balance and stability with exercises that concentrate on the lower back, abdominal and gluteal muscles.

#### CROWFOOT YMCA

35559	W	6:15- 7:15PM	Apr 2	Classes: 12	M \$84	NM \$168
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#### EAU CLAIRE YMCA

35558	M	7:30- 8:30PM	Mar 31	Classes: 11	M \$77	NM \$154
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#### SHAWNESSY YMCA

35560	Tu	1:00- 2:00PM	Apr 1	Classes: 12	M \$84	NM \$168
35561	W	5:45- 6:45PM	Apr 2	Classes: 12	M \$84	NM \$168
36696	Tu	1:00- 2:00PM	Jul 8	Classes: 7	M \$49	NM \$98
36697	W	5:45- 6:45PM	Jul 2	Classes: 8	M \$56	NM \$112

### CROSSFIT

#### AGE: 16Y AND UP

The ultimate all-round strength and conditioning program is here! Offered in conjunction with CrossFit Calgary, CrossFit uses a variety of exercises that draw the maximum benefits of gymnastics, weight and cardio training. You pick the intensity. Whether you're an elite athlete or just looking to improve overall fitness, put in the work and you will see results.

#### EAU CLAIRE YMCA

39538	M	6:30- 7:30PM	Mar 31	Classes: 11	M \$165	NM \$220
39539	M	7:30- 8:30PM	Mar 31	Classes: 11	M \$165	NM \$220
39594	M	6:30- 7:30PM	Jun 30	Classes: 7	M \$105	NM \$140
39595	M	7:30- 8:30PM	Jun 30	Classes: 7	M \$105	NM \$140

#### SOUTH YMCA

39540	Tu	7:00- 8:00PM	Apr 1	Classes: 12	M \$180	NM \$240
39541	Tu	8:00- 9:00PM	Apr 1	Classes: 12	M \$180	NM \$240
39596	Tu	7:00- 8:00PM	Jul 8	Classes: 7	M \$105	NM \$140
39597	Tu	8:00- 9:00PM	Jul 8	Classes: 7	M \$105	NM \$140

#### SHAWNESSY YMCA

39836	W	5:30- 6:30PM	Apr 3	Classes: 12	M \$180	NM \$240
39837	W	6:30- 7:30PM	Apr 3	Classes: 12	M \$180	NM \$240
40067	W	5:30- 6:30PM	Jul 2	Classes: 8	M \$120	NM \$160
40068	W	6:30- 7:30PM	Jul 2	Classes: 8	M \$120	NM \$160

### DANCE • BELLY DANCING

#### AGE :12Y AND UP

Dance yourself into shape! Develop muscle tone, definition, flexibility, movement and balance. Level 1 requires no dancing background. After completing Level 1, join Level 2 to increase your skills. After Level 1 and 2, learn exciting and advanced dance moves in Level 3. Prerequisite: courses must be taken in order or you must have previous experience.

#### CROWFOOT YMCA

Level 1						
39832	M	8:00- 9:00PM	Mar 31	Classes: 11	M \$66	NM \$110
35491	Th	8:00- 9:00PM	Apr 3	Classes: 12	M \$72	NM \$120

Level 2						
35493	M	8:00- 9:00PM	Mar 31	Classes: 11	M \$66	NM \$110

Level 3						
35496	M	7:00- 8:00PM	Mar 31	Classes: 11	M \$66	NM \$110

#### EAU CLAIRE YMCA

Multi Level						
35486	Tu	6:20- 7:35PM	Apr 1	Classes: 12	M \$128	NM \$203

#### SHAWNESSY YMCA

Age: 16Y and up

Level 1						
39401	W	8:30- 9:30PM	Apr 2	Classes: 12	M \$72	NM \$120
35490	F	6:30- 7:30PM	Apr 4	Classes: 12	M \$72	NM \$120
38809	Th	7:30- 8:30PM	Jul 3	Classes: 8	M \$48	NM \$80

Age: 16Y and up

Level 2						
35492	F	7:30- 8:30PM	Apr 4	Classes: 12	M \$72	NM \$120

#### SOUTH YMCA

Level 1						
35489	Tu	7:15- 8:15PM	Apr 1	Classes: 12	M \$72	NM \$120
35488	Th	7:15- 8:15PM	Apr 3	Classes: 12	M \$72	NM \$120
35487	Tu	7:15- 8:15PM	Jul 8	Classes: 7	M \$42	NM \$70

Level 2						
35494	Tu	8:20- 9:20PM	Apr 1	Classes: 12	M \$72	NM \$120
35495	Tu	8:20- 9:20PM	Jul 8	Classes: 7	M \$42	NM \$70

Level 3						
35497	Th	8:20- 9:20PM	Apr 3	Classes: 12	M \$72	NM \$120

### DANCE • INDIAN CLASSICAL DANCE

#### AGE: 12Y AND UP

Increase your mind and body connection through this beautiful dance form. You will work on breathing, movement precision and your understanding of gestures, poses and mime while enjoying the distinct tones and sounds of the music. Get in touch with every muscle, from head to toe, through this rhythmic dramatic art.

#### CROWFOOT YMCA

39506	M	6:00- 7:00PM	Mar 31	Classes: 11	M \$66	NM \$110
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#### SHAWNESSY YMCA

38775	W	6:00- 7:00PM	Apr 2	Classes: 12	M \$72	NM \$120
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### DANCE • SOCIAL

#### AGE: 12Y AND UP

Grace the dance floor with classics like the Fox Trot, Rhumba, Waltz, Jive and Two Step in Level 1. In Level 2, master advanced steps and styles of dances learned in Level 1. The price is per couple - you must register as a couple.

#### CROWFOOT YMCA

Level 1						
35863	Tu	6:30- 7:30PM	Apr 1	Classes: 12	M \$84	NM \$168

Level 2						
35866	Tu	7:30- 8:30PM	Apr 1	Classes: 12	M \$84	NM \$168

#### SHAWNESSY YMCA

Level 1						
35864	Th	7:05- 8:05PM	Apr 3	Classes: 12	M \$84	NM \$168

Level 2						
38778	Th	8:15- 9:15PM	Apr 3	Classes: 12	M \$84	NM \$168

### DANCE • STAMPEDE TWO STEP

#### AGE: 12Y AND UP

Kick up your boots - learn to Two Step just in time for Stampede. The price is per couple. You must register as a couple.

#### EAU CLAIRE YMCA

37237	Th	7:00- 9:00PM	Jul 3	Classes: 1	M \$20	NM \$40
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### FUSION

#### AGE: 12Y AND UP

Fusion Fitness is a non-purist approach to traditional forms of training. It is a perfect blend of Yoga, Pilates and Fitness Conditioning that challenges strength, balance and flexibility, increases stamina, focuses the mind and cleanses the spirit.

#### CROWFOOT YMCA

39505	Tu	11:15-12:15PM	Apr 1	Classes: 12	M \$102	NM \$162
35673	W	9:00-10:00AM	Apr 2	Classes: 12	M \$102	NM \$162
38812	W	12:00- 1:00PM	Apr 2	Classes: 12	M \$102	NM \$162
35672	Th	6:00- 7:00PM	Apr 3	Classes: 12	M \$102	NM \$162

#### EAU CLAIRE YMCA

35668	M	6:30- 7:30PM	Mar 31	Classes: 11	M \$94	NM \$149
35669	Tu	6:00- 7:00AM	Apr 1	Classes: 12	M \$102	NM \$162

#### SHAWNESSY YMCA

35674	M	6:30- 7:30PM	Mar 31	Classes: 11	M \$94	NM \$149
35675	Tu	8:30- 9:30PM	Apr 1	Classes: 12	M \$102	NM \$162
38762	Th	9:15-10:15AM	Apr 3	Classes: 12	M \$102	NM \$162
38811	Tu	8:30- 9:30PM	Jul 8	Classes: 7	M \$60	NM \$95

### HEALTHY LIVING

#### AGE: 12Y AND UP

Come join a class specifically designed for people who have chronic conditions and/or have survived a cardiac event. Graduates of the Living Well Program and/or Cardiac Wellness are encouraged to enrol in this class to keep up their level of fitness. Class will be in a group setting including cardiovascular activities and resistance training. Participants must have clearance from their doctor to participate.

#### CROWFOOT YMCA

35709	M, W, F	7:30- 9:00AM	Mar 31	Classes: 35	M Free	NM \$140
37131	M, W, F	7:30- 9:00AM	Jun 30	Classes: 23	M Free	NM \$92

### LIVING WELL MAINTENANCE PROGRAM

#### AGE: 12Y AND UP

This program is designed for graduates of the CHR's Living Well Program.

#### CROWFOOT YMCA

35759	M, W	2:00- 3:00PM	Mar 31	Classes: 23	M Free	NM \$115
39402	M, W	2:00- 3:00PM	Jun 30	Classes: 15	M Free	NM \$75

#### SHAWNESSY YMCA

##### Keep Going

35758	Tu, Th	1:15- 2:15PM	Apr 1	Classes: 26	M Free	NM \$130
37148	Tu, Th	1:15- 2:15PM	Jul 3	Classes: 17	M Free	NM \$85

##### Get Going

39406	Tu, F	11:45-12:45PM	Apr 1	Classes: 26	M Free	NM \$130
39525	Tu, F	11:45-12:45PM	Jul 3	Classes: 17	M Free	NM \$85

### MOTHER AND DAUGHTER SPORTS

#### AGE: 12Y AND UP

Looking for an opportunity to bond or reconnect as mother and daughter? Share your love of sports in this new program that allows you time to have fun and become active together. No experience necessary. Mothers must sign up with daughters. The registration fee is per person.

#### SHAWNESSY YMCA

39411	M	6:05- 7:05PM	Mar 31	Classes: 11	M \$55	NM \$99
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### NIA TECHNIQUE

#### AGE: 12Y AND UP

Connect to your spirit! Every Nia class uses movements and concepts from Dance, Marial Arts and Healing Arts. Coupled with varied musical styles and sounds, Nia Technique is a holistic fitness program that stimulates the nervous system in a healthy way, leaving you feeling rejuvenated and fully alive.

#### SHAWNESSY YMCA

35784	Sa	10:30-11:30AM	Apr 5	Classes: 12	M \$107	NM \$162
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### NUTRITION 101

#### AGE: 14Y AND UP

The informational course is designed to answer many of the basic questions about nutrition: What are carbs? Why do we need water? What is a diet? And so much more. Help yourself or your family by learning what the Canada Food Guide is and how you can understand eating right.

#### SHAWNESSY YMCA

39798	Tu	9:00-10:00AM	Apr 1	Classes: 12	M \$72	NM \$120
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### PAINTING PARTNERS

#### AGE: 18Y AND UP

Exercise the artist within you in these creative painting and drawing classes. Expand your current knowledge and learn new techniques through demonstrations and instruction.

#### CROWFOOT YMCA

35869	F	10:30-12:00PM	Apr 4	Classes: 12	M \$60	NM \$84
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### PERSONAL TRAINING • FITNESS

#### ASSESSMENT

#### AGE: 15Y AND UP

Find out how fit you are. Your cardiovascular fitness, body composition, muscular strength, endurance and flexibility will be evaluated during this standardized one-and-a-half-hour assessment. It's offered Monday through Sunday by appointment only. Pick up your forms at Member Services.

#### ALL LOCATIONS

M \$50 NM \$100

### PERSONAL TRAINING • NUTRITIONAL CONSULTATION AGE: 12Y AND UP

Learn how to manage your dietary habits. Book a one-hour, one-on-one consultation with a nutrition professional to review your dietary choices and receive recommendations on alternatives. You need to record your dietary choices for three days before the appointment. Pick up your forms at Member Services. Consultations are offered Monday through Sunday by appointment only.

**ALL LOCATIONS**  
M \$50 NM \$75

### PERSONAL TRAINING PACKAGE • BRONZE AGE: 12Y AND UP

Get the basics of a personal training program with this one-and-a-half-hour session. You'll receive a consultation, program design and supervised training session. This program is offered Monday to Sunday by appointment only. Pick up your forms at Member Services.

**ALL LOCATIONS**  
M \$75 NM \$100

### PERSONAL TRAINING PACKAGE • SILVER AGE: 12Y AND UP

Get the advice you need to start a personal training program. This package includes a one-hour fitness consultation followed by a one-and-a-half-hour personal training appointment that includes a program design and supervised training session. The session is offered Monday to Sunday by appointment only. Pick up your forms at Member Services.

**ALL LOCATIONS**  
M \$90 NM \$120

### PERSONAL TRAINING PACKAGE • GOLD AGE: 12Y AND UP

Work with your fitness level and nutritional practices to develop a personal training program that meets your needs. This package offers a one-hour nutritional consultation, one-hour fitness consultation and one-and-a-half-hour personal training appointment that includes a program design and supervised training session. The session is offered Monday to Sunday by appointment only. Pick up your forms at Member Services.

**ALL LOCATIONS**  
M \$130 NM \$160

### PERSONAL TRAINING SESSIONS AGE: 12Y AND UP

Sign up for an introductory session or a package of sessions. A certified trainer will monitor technique and ensure the greatest benefit is derived from each exercise. All sessions are one-hour long. Sessions are offered Monday through Sunday by appointment only. Pick up your forms at Member Services.

#### ALL LOCATIONS

Private - 1 sessions	M \$50	NM \$65
Private - 3 sessions	M \$150	NM \$195
Private - 5 sessions	M \$238	NM \$313
Private - 10 sessions	M \$450	NM \$600
Private - 20 sessions	M \$850	NM \$1150
Private - 30 sessions	M \$1200	NM \$1650
Private - 40 sessions	M \$1400	NM \$2000

Semi-private - 1 session (price per person)	M \$40	NM \$50
Semi-private - 3 sessions (price per person)	M \$120	NM \$150
Semi-private - 5 sessions (price per person)	M \$188	NM \$238
Semi-private - 10 sessions (price per person)	M \$300	NM \$400
Semi-private - 20 sessions (price per person)	M \$650	NM \$850
Semi-private - 30 sessions (price per person)	M \$900	NM \$1200
Semi-private - 40 sessions (price per person)	M \$1000	NM \$1400

### PILATES AGE: 12Y AND UP

Condition your entire body. These classes focus on proper alignment, centering, concentration, control, precision, breathing, and flowing movement. You will work to increase strength and flexibility, lengthen your body, and align your spine.

Looking for a new Pilates experience or advanced classes? Try one of our specialty programs or combination classes using the BOSU or Chi Ball. Classes are open to all levels and no Pilates experience is necessary.

Please note: Pilates • Mom and Baby participants work out with your baby. Babies must be 6 weeks old to crawling.

#### CROWFOOT YMCA

##### Level 1

35793	Tu	6:00- 7:00PM	Apr 1	Classes: 12	M \$102	NM \$162
35794	Th	7:00- 8:00PM	Apr 3	Classes: 12	M \$102	NM \$162
37159	Th	7:00- 8:00PM	Jul 3	Classes: 8	M \$68	NM \$108
37160	F	1:30- 2:30PM	Jul 4	Classes: 8	M \$68	NM \$108
37158	Tu	6:00- 7:00PM	Jul 8	Classes: 7	M \$60	NM \$95

##### Level 2

35802	Tu	7:00- 8:00PM	Apr 1	Classes: 12	M \$102	NM \$162
37168	W	1:45- 2:45PM	Jul 2	Classes: 8	M \$68	NM \$108
37167	Tu	7:00- 8:00PM	Jul 8	Classes: 7	M \$60	NM \$95

#### Pilates-Yoga Mat Class

35810	Tu	8:00- 9:00PM	Apr 1	Classes: 12	M \$102	NM \$162
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#### EAU CLAIRE YMCA

##### Level 1

35788	M	12:05-12:50PM	Mar 31	Classes: 11	M \$70	NM \$111
37163	M	12:05-12:50PM	Jun 30	Classes: 7	M \$45	NM \$71

### Level 2

35805	W	6:25- 7:25PM	Apr 2	Classes: 12	M \$102	NM \$162
35801	F	12:05-12:50PM	Apr 4	Classes: 12	M \$77	NM \$122
37169	W	6:25- 7:25PM	Jul 2	Classes: 8	M \$68	NM \$108
37170	F	12:05-12:50PM	Jul 4	Classes: 8	M \$51	NM \$81

### Pilates • BOSU

35498	Tu	6:15- 7:15PM	Apr 1	Classes: 12	M \$102	NM \$162
36669	Tu	6:15- 7:15PM	Jul 8	Classes: 7	M \$60	NM \$95

### Pilates for Runners

35785	W	7:30- 8:30PM	Apr 2	Classes: 12	M \$102	NM \$162
37157	W	7:30- 8:30PM	Jul 2	Classes: 8	M \$68	NM \$108

### SHAWNESSY YMCA

#### Level 1

35795	M	7:00- 8:00PM	Mar 31	Classes: 11	M \$94	NM \$149
35797	Tu	7:50- 8:50PM	Apr 1	Classes: 12	M \$102	NM \$162
35800	Th	10:30-11:30AM	Apr 3	Classes: 12	M \$102	NM \$162
35798	Th	8:30- 9:30PM	Apr 3	Classes: 12	M \$102	NM \$162
35787	F	1:15- 2:15PM	Apr 4	Classes: 12	M \$102	NM \$162
35799	Su	9:30-10:30AM	Apr 6	Classes: 12	M \$102	NM \$162
37165	M	7:00- 8:00PM	Jun 30	Classes: 7	M \$60	NM \$95
37166	Th	7:30- 8:30PM	Jul 3	Classes: 8	M \$68	NM \$108

#### Level 2

35804	M	8:15- 9:15PM	Mar 31	Classes: 11	M \$94	NM \$149
38776	Sa	9:30-10:30AM	Apr 5	Classes: 12	M \$102	NM \$162
37171	M	8:15- 9:15PM	Jun 30	Classes: 7	M \$60	NM \$95

### Pilates • BOSU

35499	M	9:00-10:00AM	Mar 31	Classes: 11	M \$94	NM \$149
38774	W	11:30-12:30PM	Apr 2	Classes: 12	M \$102	NM \$162
36670	M	9:00-10:00AM	Jun 30	Classes: 7	M \$60	NM \$95

### Pilates • Chi Ball

35506	Tu	6:40- 7:40PM	Apr 1	Classes: 12	M \$102	NM \$162
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### Pilates with Props

35796	Tu	9:00-10:00AM	Apr 1	Classes: 12	M \$102	NM \$162
35807	Tu	10:05-11:05AM	Apr 1	Classes: 12	M \$102	NM \$162
35806	F	10:30-11:30AM	Apr 4	Classes: 12	M \$102	NM \$162
37164	Tu	9:30-10:30AM	Jul 8	Classes: 7	M \$60	NM \$95
37172	Tu	10:30-11:30AM	Jul 8	Classes: 7	M \$60	NM \$95

### SOUTH YMCA

#### Pilates • Mom and Baby

39482	W	10:30-11:30PM	Apr 3	Classes: 12	M \$102	NM \$162
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#### Pilates-Yoga Mat Class

39483	Tu	7:00- 8:30PM	Apr 1	Classes: 12	M \$153	NM \$243
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### POST-NATAL FITNESS

#### AGE: 16Y AND UP

Bring your baby, under twelve months, to a class that incorporates cardio, core work, resistance training and stretching designed to be safe and effective for new moms. Share experiences with others while using body weight, free weights and baby's weight to maximize your workout.

#### SHAWNESSY YMCA

38777	Tu	10:30-11:30AM	Apr 1	Classes: 12	M \$72	NM \$108
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### RESISTANCE TRAINING

#### AGE: 12Y AND UP

Learn the fundamentals of strength and conditioning training in a fun and supportive environment. Classes will teach you to apply resistance training skills and knowledge to daily healthy active living. You can register for specialty classes, sport-specific classes or for classes geared toward groups such as women or seniors. No experience is necessary.

#### CROWFOOT YMCA

35814	M, W	7:00- 8:30PM	Mar 31	Classes: 23	M \$242	NM \$311
35815	Tu, Th	7:00- 8:30PM	Apr 1	Classes: 24	M \$252	NM \$324
39403	Tu, Th	9:30-11:00AM	Apr 1	Classes: 24	M \$252	NM \$324

#### Resistance Training • Agility

39523	W, F	6:00- 7:00PM	Apr 2	Classes: 24	M \$168	NM \$216
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#### Resistance Training • Intervals Only

39524	M, W, F	6:30- 7:30AM	Apr 2	Classes: 35	M \$245	NM \$315
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#### Resistance Training for Seniors

35818	Tu, Th	12:00- 1:30PM	Apr 1	Classes: 24	M \$126	NM \$234
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#### Resistance Training • Triathlon

35821	Tu, Th	6:15- 7:15PM	Apr 1	Classes: 24	M \$168	NM \$216
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#### Resistance Training • Women's Level 1

37175	Tu, Th	9:30-11:00AM	Jul 3	Classes: 15	M \$158	NM \$203
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#### Resistance Training • Women's Level 2

39404	M, W	9:30-11:00AM	Mar 31	Classes: 23	M \$242	NM \$311
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#### EAU CLAIRE YMCA

#### Resistance Training • Triathlon

35820	M, W	6:20- 7:20PM	Mar 31	Classes: 23	M \$196	NM \$310
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#### Resistance Training • Women's Level 2

35825	Tu, Th	9:30-11:00AM	Apr 1	Classes: 24	M \$252	NM \$324
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#### SHAWNESSY YMCA

#### Resistance Training • Beach Body Workout

39410	M, W	8:00- 9:00AM	Apr 2	Classes: 23	M \$161	NM \$207
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#### Resistance Training • Complete Body Workout

40293	M, Th	6:00- 7:00AM	Mar 31	Classes: 23	M \$161	NM \$207
40294	M, Th	6:00- 7:00AM	Jun 30	Classes: 15	M \$105	NM \$135

#### Resistance Training • Golf

35816	Tu, Th	6:30- 7:30PM	Apr 1	Classes: 24	M \$168	NM \$216
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Resistance Training • Summer Fun  
39830 M, W 8:00- 9:00AM Jun 30 Classes: 15 M \$105 NM \$135

### SOUTH YMCA

Resistance Training • Seniors  
35817 M, W, F 1:15- 2:15PM Mar 31 Classes: 34 M \$119 NM \$221

### RUN FOR YOUR LIFE

#### AGE: 12Y AND UP

Are you a 5K to marathon runner wanting a little more? Join us for a variety of workouts including hills, tempo, intervals, circuit training and technique to give you the skills to become a better runner. Gord Hobbins from Gord's Running Store teaches the course at the Eau Claire branch.

### EAU CLAIRE YMCA

35829 Th 5:30- 7:00PM Apr 3 Classes: 12 M \$126 NM \$162  
37216 Th 5:30- 7:00PM Jul 3 Classes: 8 M \$84 NM \$108

### SENIOR'S FITNESS

#### AGE: 55Y AND UP

Join us for a fun-filled, dryland class that focuses on cardio, strength resistance, core stability and flexibility.

### CROWFOOT YMCA

35858 M 1:15- 2:15PM Mar 31 Classes: 11 M \$39 NM \$72  
35859 Th 1:15- 2:15PM Apr 3 Classes: 12 M \$42 NM \$78

### SHAWNESSY YMCA

38764 W 2:00- 3:00PM Apr 2 Classes: 12 M \$42 NM \$78

### PICKY EATERS

#### AGE: 14Y AND UP

For parents of preschool-aged children who want to know how to help their child to eat well and be active for healthy growth. Concerns such as children insisting on eating the same food every day will be addressed.

### CROWFOOT YMCA

35860 W 6:30- 8:30PM Apr 30 Classes: 1 M Free NM Free  
35871 W 6:30- 8:30PM Jun 11 Classes: 1 M Free NM Free

### SOUTH YMCA

39598 Th 6:30- 8:30PM May 15 Classes: 1 M Free NM Free

### SQUASH TOURNAMENT

#### AGE: 12Y AND UP

Put your squash abilities to the test. Participate in Eau Claire YMCA's annual recreational tournament — open to players of all levels.

### EAU CLAIRE YMCA

35893 Tu-F 5:00-10:00PM  
Sa 9:00- 4:00PM Apr 22 Classes: 5 M \$40 NM \$40

### TAI CHI

#### AGE: 12Y AND UP

In Level 1, learn ancient techniques to centre your focus and improve your mental and physical stamina. In Level 2, advance your Tai Chi practice. This program is appropriate for people who have taken three sessions of Tai Chi Level 1. Chi Gong, while based on the same art, is a group of shorter routines that can be performed in various orders.

### CROWFOOT YMCA

#### Level 1

35897 W 7:30- 8:30PM Apr 2 Classes: 12 M \$60 NM \$96

#### Level 2

35900 W 8:30- 9:30PM Apr 2 Classes: 12 M \$60 NM \$96

### EAU CLAIRE YMCA

#### Level 1

35899 Tu 12:05-12:45PM Apr 1 Classes: 12 M \$45 NM \$72

#### Level 2

35901 Th 12:05-12:45PM Apr 3 Classes: 12 M \$45 NM \$72

### SHAWNESSY YMCA

#### Level 1

35904 W 8:05- 9:05PM Apr 2 Classes: 12 M \$60 NM \$96  
37242 W 8:05- 9:05PM Jul 2 Classes: 8 M \$40 NM \$64

#### Level 2

35903 M 8:00- 9:00PM Mar 31 Classes: 11 M \$55 NM \$88  
38807 M 8:00- 9:00PM Jun 30 Classes: 7 M \$35 NM \$56

### Chi Gong

35507 W 7:00- 8:00PM Apr 2 Classes: 12 M \$60 NM \$96  
36672 W 7:00- 8:00PM Jul 2 Classes: 8 M \$40 NM \$64

### TRIATHLON TRAINING

#### AGE: 12Y AND UP

Join one of the fastest-growing sports. The Triathlon program gives you all the tools needed to tackle your first triathlon or fine tune your existing training. The main program is technique oriented swimming Mondays, biking Wednesdays and running Fridays. On Thursdays, there is a second swim for those working to increase their swimming volume. This is a great opportunity to meet people with similar goals and ideas.

### SHAWNESSY YMCA

35944 M, W, F 6:00- 7:00AM Mar 31 Classes: 35 M \$210 NM \$420  
35946 Th 6:00- 7:00AM Apr 3 Classes: 12 M \$72 NM \$144

### VOLLEYBALL • RECREATIONAL INDIVIDUAL

#### AGE: 16Y AND UP

Have fun and make new friends in our recreational volleyball league. Join as a team of up to 10 players, or sign up as an individual participant and be grouped with others. The team price is per team — you must register as a team. The individual price is per person.

### SOUTH YMCA

35973 M 7:30- 9:45PM Mar 31 Classes: 11 M \$44 NM \$44  
35974 Th 7:30- 9:45PM Apr 3 Classes: 12 M \$48 NM \$48

### YOGA

#### AGE: 12Y AND UP

Revitalize your body and spirit. Choose from several levels including gentle classes, Level 1 and Level 2, as well as classes geared for prenatal participants or runners. All classes are designed to improve your flexibility, core strength, balance and endurance as well as help you develop better breathing patterns. Discover how yoga will benefit your training both physically and mentally.

#### CROWFOOT YMCA

##### Level 1

35997	M	12:15- 1:45PM	Mar 31	Classes: 11	M \$99	NM \$149
35998	M	5:30- 7:00PM	Mar 31	Classes: 11	M \$99	NM \$149
35999	W	6:00- 7:30PM	Apr 2	Classes: 12	M \$108	NM \$162
37546	W	6:00- 7:30PM	Jul 2	Classes: 8	M \$72	NM \$108
37545	Tu	8:30-10:00PM	Jul 8	Classes: 7	M \$63	NM \$95

##### Level 2

36016	M	7:00- 8:30PM	Mar 31	Classes: 11	M \$99	NM \$149
37555	M	7:00- 8:30PM	Jun 30	Classes: 7	M \$63	NM \$95

##### Yoga • Gentle

35991	Th	12:00- 1:00PM	Apr 3	Classes: 12	M \$72	NM \$108
37535	Th	12:00- 1:00PM	Jul 3	Classes: 8	M \$48	NM \$72

##### Yoga • Power

39518	M	4:00- 5:00PM	Mar 31	Classes: 11	M \$66	NM \$99
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#### EAU CLAIRE YMCA

##### Level 1

36001	M	7:00- 8:30PM	Mar 31	Classes: 11	M \$99	NM \$149
36000	Tu	4:45- 5:45PM	Apr 1	Classes: 12	M \$72	NM \$108
36002	W	5:15- 6:45PM	Apr 2	Classes: 12	M \$108	NM \$162
36003	W	12:00- 1:00PM	Apr 2	Classes: 12	M \$72	NM \$108
36005	Th	6:00- 7:15AM	Apr 3	Classes: 12	M \$90	NM \$135
36006	F	12:00- 1:00PM	Apr 4	Classes: 12	M \$72	NM \$108
38789	M	12:45- 2:15PM	Jun 30	Classes: 7	M \$63	NM \$95
37547	M	7:00- 8:30PM	Jun 30	Classes: 7	M \$63	NM \$95
37549	W	12:00- 1:00PM	Jul 2	Classes: 8	M \$48	NM \$72
37550	W	5:15- 6:45PM	Jul 2	Classes: 8	M \$72	NM \$108
37551	Th	6:00- 7:15AM	Jul 3	Classes: 8	M \$60	NM \$90
37552	F	12:00- 1:00PM	Jul 4	Classes: 8	M \$48	NM \$72
37548	Tu	4:45- 5:45PM	Jul 8	Classes: 7	M \$42	NM \$63

##### Level 2

36017	M	5:15- 6:45PM	Mar 31	Classes: 11	M \$99	NM \$149
37554	M	5:15- 6:45PM	Jun 30	Classes: 7	M \$63	NM \$95

##### Yoga • Gentle

35990	Th	9:30-11:00AM	Apr 3	Classes: 12	M \$108	NM \$162
37534	Th	9:30-11:00AM	Jul 3	Classes: 8	M \$72	NM \$108

##### Yoga • Power

36022	W	7:00- 8:15PM	Apr 2	Classes: 12	M \$90	NM \$135
37542	W	7:00- 8:15PM	Jul 2	Classes: 8	M \$60	NM \$90

##### Yoga for Runners

36026	M	7:40- 8:40PM	Mar 31	Classes: 11	M \$66	NM \$99
38790	M	7:40- 8:40PM	Jun 30	Classes: 7	M \$42	NM \$63

#### SHAWNESSY YMCA

##### Yoga • Gentle

35992	Tu	2:30- 3:30PM	Apr 1	Classes: 12	M \$72	NM \$108
37536	Tu	2:30- 3:30PM	Jul 8	Classes: 7	M \$42	NM \$63

##### Level 1

36015	M	8:15- 9:30PM	Mar 31	Classes: 11	M \$83	NM \$124
36012	Tu	6:00- 7:30PM	Apr 1	Classes: 12	M \$108	NM \$162
36009	W	10:30-12:00PM	Apr 2	Classes: 12	M \$108	NM \$162
36013	W	1:30- 2:30PM	Apr 2	Classes: 12	M \$72	NM \$108
36010	W	7:30- 9:00PM	Apr 2	Classes: 12	M \$108	NM \$162
36007	Th	6:30- 8:00PM	Apr 3	Classes: 12	M \$108	NM \$162
36011	Sa	10:45-11:45AM	Apr 5	Classes: 12	M \$72	NM \$108
36014	Su	6:00- 7:30PM	Apr 6	Classes: 12	M \$108	NM \$162
38810	M	8:15- 9:30PM	Jun 30	Classes: 7	M \$53	NM \$79
37538	Tu	6:00- 7:30PM	Jul 8	Classes: 7	M \$63	NM \$95
37539	W	10:30-12:00PM	Jul 2	Classes: 8	M \$72	NM \$108
37540	Th	6:30- 7:30PM	Jul 3	Classes: 8	M \$48	NM \$72

##### Level 2

36018	Tu	7:45- 9:15PM	Apr 1	Classes: 12	M \$108	NM \$162
36019	Th	8:05- 9:35PM	Apr 3	Classes: 12	M \$108	NM \$162
38765	Sa	9:30-10:30AM	Apr 5	Classes: 12	M \$72	NM \$108
37541	Tu	7:45- 9:15PM	Jul 8	Classes: 7	M \$63	NM \$95

##### Level 1 & 2

36008	M	12:45- 2:15PM	Mar 31	Classes: 11	M \$99	NM \$149
37537	M	12:45- 2:15PM	Jun 30	Classes: 7	M \$63	NM \$95
38808	Sa	9:00-10:30AM	Jul 5	Classes: 7	M \$63	NM \$95

##### Yoga • Power

36023	M	10:30-11:45AM	Mar 31	Classes: 11	M \$83	NM \$124
38766	Th	11:30-12:45PM	Apr 3	Classes: 12	M \$90	NM \$135

##### Yoga • Prenatal

36024	Th	1:30- 2:30PM	Apr 3	Classes: 12	M \$72	NM \$108
36025	Th	7:00- 8:00PM	Apr 3	Classes: 12	M \$72	NM \$108

#### SOUTH YMCA

##### Level 1

35993	M	6:00- 7:30PM	Mar 31	Classes: 11	M \$99	NM \$149
35995	Th	7:30- 9:00PM	Apr 3	Classes: 12	M \$108	NM \$162
35996	Th	7:30- 9:00PM	Jul 3	Classes: 8	M \$72	NM \$108

### YOGA RETREAT

#### AGE: 18Y AND UP

This retreat is designed to help participants gain energy and relax through yoga. Designed for beginners and yoga buffs alike, participants will explore breathing techniques, postures and the five basic movements with Calgary yoga instructor George McFaul. Having taught with YMCA Calgary for many years, George is a member of the International Association of Yoga Therapists (IAYT) and the Yoga Research and Education Centre (YREC). Other activities include site hikes, campfires, crafts and high ropes. Shared accommodations, meals and yoga equipment are included. Phone our city registration office to register at 403-269-6156 or 1-866-430-9622.

#### ROCKY MOUNTAIN YMCA

39472	F 5:00PM - Su 2:00PM	Apr 18-20	Fee: \$240
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