

Monday, January 22, 2018

| Where | Activity Offered | Time of Session(s) | Sport information | Link to Info / registration page |
|--------------------------------|--|--|---|---|
| YMCA Eau Claire | Group Cycle | 06:00AM - 07:00AM | Spin up your cycling skills and come prepared for a cardio workout that emphasizes proper form, technique and safety. You will challenge your endurance and stamina with hills, sprints and more on an indoor cycling bike. | https://www.eventbrite.ca/e/group-cycle-various-times-tickets-41293041599 |
| Vivo for Healthier Generations | Group Cycle | 06:00AM - 07:00AM 08:15AM - 09:00AM | A cycling class for all levels. Climbing, sprinting, intervals and endurance training are incorporated to improve your fitness level and complete you're cycling skill set | https://www.eventbrite.ca/e/group-cycle-various-times-tickets-41293041599 |
| YMCA Shawnessy | STEP (Intro) | 08:15AM - 09:00AM | A Step class involve much more than stepping on and off a plastic step. It's a great low-impact cardio option because the class is constantly moving for the entire session. Many of the basic Step moves work together to provide strength and tone all the muscles in your legs from your feet up through your hips and lower back. It helps with balance and coordination. Most of all, it's fun — each routine is set to music, and the enthusiasm in the room is palpable | https://www.eventbrite.ca/e/step-ymca-various-times-tickets-41841472972 |
| Fung Loy Kok Taoist Tai Chi | Taoist Tai Chi® movements | 10:00AM - 11:30AM | Taoist Tai Chi® arts involve deep stretching with a full range of motion and continuous turning of the spine. They exercise the whole physiology including muscular, skeletal, and circulatory systems. The ancient Chinese believed that true health comes when body, mind and spirit work together in harmony. Taoist Tai Chi® arts grew out of this tradition and are a way to develop a body that is strong, yet supple, balanced and energetic, a mind that is calm and clear, yet creative and dynamic, and a spirit that is light and peaceful, yet resilient. | https://www.eventbrite.ca/e/martial-arts-tai-chi-all-sport-one-city-tickets-41707445091 |
| InjaNation | InjaNation Parent and Toddler Play & Train Class | 10:30AM - 11:30AM | parent & toddler class + parent boot camp workout - first 30min parent & child explore movement together with instructor, then parent is led through 30min workout while child has supervised play time | https://www.eventbrite.ca/e/injanation-parent-and-toddler-play-train-class-all-sport-one-city-tickets-41144719965 |
| WTM Fitness /Muay Thai | Muay Thai\ kickboxing | 12:00PM - 1:00PM | This class starts with 15-20-minute warm-up with some conditioning exercises designed for Muay Thai performance (e.g. shoulders, abs, hips). The class then moves to either a heavy bag or a partner to learn striking techniques using the hands, elbows, knees and shins. It's a ton of fun while getting sweaty! | https://www.eventbrite.ca/e/muay-thai-kickboxing-various-times-tickets-41341954900?aff=es2 |
| Remington YMCA | Synergy Circuit  | 12:15PM - 01:00PM | Join us for a challenging, fun, and exciting new workout on our "adult Playground" called Synergy. This half cardio half strength based class uses a variety of equipment to develop muscular strength and endurance with an emphasis on proper execution of movements | https://www.eventbrite.ca/e/synergy-circuit-all-sport-one-city-tickets-41845521080 |
| University of Calgary | Netball  | 02:30PM - 04:30PM | Netball is a fast, exciting, true team sport which involves running, jumping, throwing and catching. Netball is similar to basketball although the rules, equipment and team numbers are slightly different: no dribbling; no running with the ball; ball must be passed in 3 seconds; ball and basket are slightly smaller; there is no backboard; players are designated to certain areas of the court. Netball also has similarities to European handball, korfbal and ultimate frisbee. This session is ideal for women age 18-40, but men are more than welcome! | https://www.eventbrite.ca/e/netball-all-sport-one-city-tickets-41526692455 |
| Geng Table Tennis | Table Tennis | 03:00PM - 04:00PM | Table tennis is a great social sport, so bring your friends for a great time playing Table tennis. It can be a fast-paced competitive sport. In fact, it can be a great way to burn calories and get fit (you will burn between 200 and 350 calories per hour of play). Playing improves hand-eye coordination and it stimulates mental alertness, concentration and tactical strategy. Register for this discovery session and learn the basics of table Tennis with Geng Lijuan, a four-time World Champion. | https://www.eventbrite.ca/e/table-tennis-various-times-tickets-41394263356?aff=es2 |
| Geng Table Tennis | Table Tennis | 04:00PM - 05:00PM | Table tennis is a great social sport, so bring your friends for a great time playing Table tennis. It can be a fast-paced competitive sport. In fact, it can be a great way to burn calories and get fit (you will burn between 200 and 350 calories per hour of play). Playing improves hand-eye coordination and it stimulates mental alertness, concentration and tactical strategy. Register for this discovery session and learn the basics of table Tennis with Geng Lijuan, a four-time World Champion. | https://www.eventbrite.ca/e/table-tennis-various-times-tickets-41394263356 |
| WTM Fitness /Muay Thai | Muay Thai\ kickboxing | 04:30PM - 05:30PM | Kids Muay Thai (ages 6-12). This class also begins with a shoulders/hips/abs-targeted warm-up and then moves into teaching the kids the fundamentals of punching, footwork, and kicking on the heavy bag and with a partner using focus mitts (for punching/elbow strikes) and Thai pads (for kicks/knees). | https://www.eventbrite.ca/e/muay-thai-kickboxing-various-times-tickets-41341954900?aff=es2 |
| The genesis Centre | Netball  | 05:00PM - 07:00PM | Netball is a fast, exciting, true team sport which involves running, jumping, throwing and catching. Netball is similar to basketball although the rules, equipment and team numbers are slightly different: no dribbling; no running with the ball; 7 players per team; ball must be passed in 3 seconds; ball and basket are slightly smaller; there is no backboard; players are designated to certain areas of the court. Netball also has similarities to European handball, korfbal and ultimate frisbee. This session is ideal for women age 18-40, but men are more than welcome! | https://www.eventbrite.ca/e/netball-all-sport-one-city-tickets-41526692455 |
| WinSport | Bobsleigh "Learn to Push"  | 05:30PM - 07:00PM | Come and learn to push a bobsleigh in our world class Ice House facility. This is where the best bobsleigh athletes on the planet learn to push fast on ice. We provide the ice shoes and helmets. Learn the techniques from our coaches and see how your push times compare to our Olympic team. Check in will be at the guest services desk located in the Markin MacPhail Centre. Have waiver completed prior to check in. Check in 30 min prior to start time (see attached map for direction) | https://www.eventbrite.ca/e/bobsleigh-learn-to-push-tickets-41092839790?aff=eac2 |
| WinSport | Discovery Ski Lesson  | 05:30PM - 07:00PM | Designed for a more mature group looking to discover the basics of skiing, this program covers the fundamentals but with slightly more technical insight into skiing progression and a slightly quicker pace than our youth program | https://www.eventbrite.ca/e/discovery-ski-lessons-various-times-tickets-41031160305 |
| WinSport | Discovery Snowboard Lesson  | 05:30PM - 07:00PM | Discover Snowboard Designed for a more mature group looking to discover the basics of snowboarding, this program covers the fundamentals but with slightly more technical insight into snowboarding progression and a slightly quicker pace than our youth program | https://www.eventbrite.ca/e/discovery-snowboard-lessons-various-times-tickets-41031348869 |
| YMCA Crowfoot | Family Zumba | 06:00PM - 07:00PM | Join this energetic dance class where you will mix high and low intensity moves using rhythms of Latin and world music. Designed as a combination of salsa and aerobics, there's no right or wrong way to do Zumba. As long as you move to the beat of the music, you're participating in the exercise. And since Zumba involves movement of the entire body — from your arms, to your shoulders, to your feet — you'll get a full-body workout that doesn't feel like work | https://www.eventbrite.ca/e/zumba-ymca-various-types-tickets-41837920346 |
| Cougar ridge Dojo | Karate / Para-karate | 06:30PM - 07:15PM | Looking to be fit and learn some self-defence? Get your friends together and join this Karate session. Karate-do, more generally referred as Karate, is a Japanese martial art that develops the use of the human body as a weapon of defense and builds on a philosophy of perseverance and discipline. Karate consist of a good mixture of cardiovascular endurance, strength training and flexibility exercises that are designed to benefit the whole body | https://www.eventbrite.ca/e/karate-para-karate-various-times-tickets-41797515494 |
| InjaNation | InjaJump Trampoline Fitness Class | 07:00PM - 08:00PM | InjaJump Trampoline Fitness Classes provide a fun and full body cardio workout. They are an innovative and energetic way to get moving as you jump, tuck and spring your way to fitness. With onsite coaches, you'll learn the basics while having a great time and getting a great | https://www.eventbrite.ca/e/injajump-trampoline-fitness-class-all-sport-one-city-tickets-41146043925 |

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| | | | workout at Calgary's largest indoor playground featuring a trampoline zone, ninja warrior and obstacle courses, and a climbing centre. | |
| Fung Loy Kok Taoist Tai Chi | Taoist Tai Chi® movements | 07:00PM - 08:30PM | Taoist Tai Chi® arts involve deep stretching with a full range of motion and continuous turning of the spine. They exercise the whole physiology including muscular, skeletal, and circulatory systems. Rather than depending on tension and the development of hard muscle tissue, these arts develop a body that is relaxed and strong at the deepest levels. The ancient Chinese believed that true health comes when body, mind and spirit work together in harmony. Taoist Tai Chi® arts grew out of this tradition and are a way to develop a body that is strong, yet supple, balanced and energetic, a mind that is calm and clear, yet creative and dynamic, and a spirit that is light and peaceful, yet resilient. | https://www.eventbrite.ca/e/martial-arts-tai-chi-all-sport-one-city-tickets-41707445091 |
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| WinSport | Sledge Hockey | 07:15PM - 08:30PM | Sledge hockey is the para-sport version of ice hockey! All players are strapped to a two-bladed sledge. They propel themselves with sticks spiked at one end and curved blades at the other for shooting. Able body participants are also encouraged to attend. We are open to all abilities, disabled or able-bodied, male or female. Everyone is welcome to come and try sledge hockey! | https://www.eventbrite.ca/e/sledge-hockey-tickets-42098914988 |
| WinSport | Discovery Snowboard Lesson | 07:15PM - 08:45PM | Discover Snowboard Designed for a more mature group looking to discover the basics of snowboarding, this program covers the fundamentals but with slightly more technical insight into snowboarding progression and a slightly quicker pace than our youth program | https://www.eventbrite.ca/e/discovery-snowboard-lessons-various-times-tickets-41031348869 |
| Southland | Aikido | 07:30PM - 09:00PM | Each session will introduce Aikido as a style of martial arts and how it compares to other martial arts. Attendees will work with other experienced students to learn why Aikido is used to resolve conflicts in everyday life. | https://www.eventbrite.ca/e/aikido-various-times-tickets-41295346493 |
| InjaNation | InjaFit Bootcamp training class | 08:00PM - 09:00PM | InjaFit Boot Camp Training Classes offer an innovative and fun mix of strength training and aerobic elements at Calgary's largest indoor playground featuring a trampoline zone, ninja warrior and obstacle courses, and a climbing centre. Onsite coaches will lead you through an intense workout that will be so much fun you won't realize how hard you're working. | https://www.eventbrite.ca/e/injafit-bootcamp-training-class-all-sport-one-city-tickets-41147662767 |
| Vivo for Healthier Generations | Yoga Flow  | 08:00PM - 09:00PM | Connect your breath with movement by transitioning fluidly from pose to pose. You will strengthen & elongate your muscles through the principles of yoga. | https://www.eventbrite.ca/e/yoga-flow-various-times-tickets-41294634363 |
| Repsol Sport Centre | Aquatics for Life Adult Swim  | 08:00PM - 09:00PM | Adult Swim Lessons is a progressive, skill-based, learn to swim and fitness program that teaches swimming and fitness skills that are focused on butterfly, backstroke, breaststroke, freestyle, water safety, entries and turns. | https://www.eventbrite.ca/e/aquatics-for-life-adult-swim-various-times-tickets-41345541628?aff=eac2 |
| The genesis Centre | Footy (Australian Rules Football)  | 08:30PM - 09:30PM | Australian rules football, also known as Footy may look like your regular football game, except it is not. As the most popular sport in Australia, Footy is a fast, free-flowing game. It looks to be hybrid of rugby and soccer with a bit of basketball, hockey, football, lacrosse and volleyball thrown in for good measure. Usually, the game is played on an oval that is about twice as long as a US football field. For this FREE discovery session, it will be played indoor. The coaches will run you through the basic skills (handballing, kicking, catching); first the technique, and then incorporate these into some short drills. Depending on numbers, and if time permits, participants would break into 2 teams and run a short, non-contact game of footy. | https://www.eventbrite.ca/e/footy-aussie-rules-football-tickets-41433713352 |
| University of Calgary | Speed Skating - Long track  | 08:30PM - 10:00PM | If you want to feel the speed, you are at the right place. Gather your friends, come over and try speed skating at the Olympic Oval at University of Calgary. The coaches from the Calgary Speed Skating Association provide an inclusive and exciting experience in which you are taught the basics of speed skating and the fun of racing on skates, in a safe and supportive environment. | https://www.eventbrite.ca/e/speed-skating-all-sport-one-city-tickets-41510198120 |
| The genesis Centre | Quidditch  | 09:45PM - 11:00PM | The sport of quidditch that is played in the Muggle world is vastly different from Harry Potter's game and may just surprise you with how thrilling it is to play. There may be no flying, but lots of strategy, tackling and athleticism. Quidditch is a mixed-gender sport with two teams of seven players (3 chasers, 2 beaters, 1 keeper, and 1 seeker) each mounted on broomsticks, using three different kinds of balls and playing four different positions. It fuses elements of rugby, dodgeball, wrestling, basketball, and even more sports. This makes the sport seem rather chaotic to a casual observer, but once you're familiar with the basic rules quidditch is an exciting sport to watch and even more exciting to play. | https://www.eventbrite.ca/e/quidditch-various-times-tickets-41439850709?aff=eac2 |