

| Where                          | Activity Offered                                 | Time of Session(s) | Sport information   | Link to Info / registration page  |
|--------------------------------|--|--------------------|---|---|
| Vivo for Healthier Generations | Bootcamp   | 06:00AM - 07:00AM  | Get in, get sweaty, and get out. This early morning workout is an ever-changing array of muscle building, fat burning and motivation.   | <a href="https://www.eventbrite.ca/e/bootcamp-various-times-tickets-41293263262">https://www.eventbrite.ca/e/bootcamp-various-times-tickets-41293263262</a>   |
| WTM Fitness /Muay Thai         | Muay Thai\ kickboxing – LADIES Class             | 9:30AM - 10:30AM   | <b>NEW</b> 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!  | <a href="https://www.eventbrite.ca/e/muay-thai-kickboxing-various-times-tickets-41341954900?aff=es2">https://www.eventbrite.ca/e/muay-thai-kickboxing-various-times-tickets-41341954900?aff=es2</a>   |
| 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. 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.   | <a href="https://www.eventbrite.ca/e/martial-arts-tai-chi-all-sport-one-city-tickets-41707445091">https://www.eventbrite.ca/e/martial-arts-tai-chi-all-sport-one-city-tickets-41707445091</a>   |
| 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   | <a href="https://www.eventbrite.ca/e/injanation-parent-and-toddler-play-train-class-all-sport-one-city-tickets-41144719965">https://www.eventbrite.ca/e/injanation-parent-and-toddler-play-train-class-all-sport-one-city-tickets-41144719965</a> |
| 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!   | <a href="https://www.eventbrite.ca/e/muay-thai-kickboxing-various-times-tickets-41341954900?aff=es2">https://www.eventbrite.ca/e/muay-thai-kickboxing-various-times-tickets-41341954900?aff=es2</a>   |
| YMCA Eau Claire                | Group Blast                                      | 12:05PM - 12:50PM  | Get a workout using the step in effective athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination and strength.   | <a href="https://www.eventbrite.ca/e/group-blast-all-sport-one-city-tickets-41849521044">https://www.eventbrite.ca/e/group-blast-all-sport-one-city-tickets-41849521044</a>   |
| WTM Fitness /Muay Thai         | Muay Thai\ kickboxing – TEEN Class               | 4:30PM - 5:30PM    | <b>NEW</b> This class for TEENS (Age 12+) 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!  | <a href="https://www.eventbrite.ca/e/muay-thai-kickboxing-various-times-tickets-41341954900?aff=es2">https://www.eventbrite.ca/e/muay-thai-kickboxing-various-times-tickets-41341954900?aff=es2</a>   |
| YMCA Shawnessy                 | Group Cycle                                      | 06:00PM - 06:45PM  | 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.   | <a href="https://www.eventbrite.ca/e/group-cycle-various-times-tickets-41293041599">https://www.eventbrite.ca/e/group-cycle-various-times-tickets-41293041599</a>   |
| Vivo for Healthier Generations | Aqua Intervals                                   | 06:15PM - 07:00PM  | Amp up your water fitness class with this interval style class sure to have your heart pumping!   | <a href="https://www.eventbrite.ca/e/aqua-intervals-various-times-tickets-41259236487">https://www.eventbrite.ca/e/aqua-intervals-various-times-tickets-41259236487</a>   |
| Springbank dojo                | Karate / Para-karate                             | 06:15PM - 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  | <a href="https://www.eventbrite.ca/e/karate-para-karate-various-times-tickets-41794389143">https://www.eventbrite.ca/e/karate-para-karate-various-times-tickets-41794389143</a>   |
| Vivo for Healthier Generations | Danceplay  | 06:30PM - 07:30PM  | A high-energy, mixed-style workout where you 'play' with dance in an inter-ACTIVE way. You'll #sweathappy as you bust a move to today's best music and everyone's favorite hits! There's only 3 Rules of PL3Y: Be POSITIVE. Be FUN. Be YOURSELF.  | <a href="https://www.eventbrite.ca/e/danceplay-tickets-41293729657">https://www.eventbrite.ca/e/danceplay-tickets-41293729657</a>   |
| Repsol Sport Centre            | Fencing  | 07:00PM - 08:00PM  | This is an introductory fencing session; learn the basics of en garde, advance and retreat, lunge, and have some fun bouts. No specific demographic.  | <a href="https://www.eventbrite.ca/e/fencing-tickets-41346017050?aff=es2">https://www.eventbrite.ca/e/fencing-tickets-41346017050?aff=es2</a>   |
| InjaNation                     | InjaFit Bootcamp training class                  | 07:00PM - 08:00PM  | 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.   | <a href="https://www.eventbrite.ca/e/injafit-bootcamp-training-class-all-sport-one-city-tickets-41147662767">https://www.eventbrite.ca/e/injafit-bootcamp-training-class-all-sport-one-city-tickets-41147662767</a>                               |
| 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, as well as tendons, joints, connective tissue and organs. 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. | <a href="https://www.eventbrite.ca/e/martial-arts-tai-chi-all-sport-one-city-tickets-41707445091">https://www.eventbrite.ca/e/martial-arts-tai-chi-all-sport-one-city-tickets-41707445091</a>   |
| Springbank dojo                | Karate / Para-karate                             | 07:15PM - 08:15PM  | 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  | <a href="https://www.eventbrite.ca/e/karate-para-karate-various-times-tickets-41794389143">https://www.eventbrite.ca/e/karate-para-karate-various-times-tickets-41794389143</a>   |
| Haysboro Community Centre      | Women's Karate Class                             | 07:15PM - 08:15PM  | Karate training develops discipline, inner strength, improved self-confidence and self-esteem. Along with increased fitness, the Karate practitioner takes these from the dojo, improving life at work, school, leisure and sport. So get your friends together and try out this Women's Karate Class   | <a href="https://www.eventbrite.ca/e/karate-women-class-tickets-41296679480">https://www.eventbrite.ca/e/karate-women-class-tickets-41296679480</a>   |
| WinSport                       | COR.FIT class                                    | 07:30PM - 08:30PM  | This will be a comprehensive class incorporating all pillars of COR.Fitness. Designed to challenge all levels of fitness, participants will develop a true baseline of their obstacle racing abilities, while improving their overall fitness, confidence and mental capabilities.  | <a href="https://www.eventbrite.ca/e/corfit-classes-various-times-tickets-41047487139?aff=eac2">https://www.eventbrite.ca/e/corfit-classes-various-times-tickets-41047487139?aff=eac2</a>   |
| WTM Fitness /Muay Thai         | Muay Thai\ kickboxing                            | 07:30PM - 08:30PM  | 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!   | <a href="https://www.eventbrite.ca/e/muay-thai-kickboxing-various-times-tickets-41341954900?aff=es2">https://www.eventbrite.ca/e/muay-thai-kickboxing-various-times-tickets-41341954900?aff=es2</a>   |
| InjaNation                     | InjaJump Trampoline Fitness Class                | 08:00PM - 09:00PM  | 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 workout at Calgary's largest indoor playground featuring a trampoline zone, ninja warrior and obstacle courses, and a climbing centre.  | <a href="https://www.eventbrite.ca/e/injajump-trampoline-fitness-class-all-sport-one-city-tickets-41146043925">https://www.eventbrite.ca/e/injajump-trampoline-fitness-class-all-sport-one-city-tickets-41146043925</a>                           |
| Springbank dojo                | Karate / Para-karate                             | 08:15PM - 09:15PM  | 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  | <a href="https://www.eventbrite.ca/e/karate-para-karate-various-times-tickets-41794389143">https://www.eventbrite.ca/e/karate-para-karate-various-times-tickets-41794389143</a>   |

**Tuesday, January 23, 2018**

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|-----------------------|----------------------------|--------------------|--|---|
| University of Calgary | Speed Skating - Long track | 08:20PM - 09:30PM  | 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. | <a href="https://www.eventbrite.ca/e/speed-skating-all-sport-one-city-tickets-41510198120">https://www.eventbrite.ca/e/speed-skating-all-sport-one-city-tickets-41510198120</a> |