

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.	https://www.eventbrite.ca/e/bootcamp-various-times-tickets-41293263262
Mount Royal University – Pool (recreation centre)	Women Water Polo	08:30AM - 10:00AM	NEW Is Water Polo what you're looking for? JOIN THIS UNIQUE AND FUN WATER SPORT. We have taken traditional women's water polo, removed the contact element and created a recreational water sport that provides a great workout, the comradery of a team sport, the stimulation of learning new skills and the wonderful opportunity to play with friends.	https://www.eventbrite.ca/e/water-polo-ladies-all-sport-one-city-tickets-42479503338
WTM Fitness /Muay Thai	Muay Thai\ kickboxing – LADIES Class	9:30AM - 10:30AM	NEW 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
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.	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
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 – TEEN Class	4:30PM - 5:30PM	NEW 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!	https://www.eventbrite.ca/e/muay-thai-kickboxing-various-times-tickets-41341954900?aff=es2
The genesis Centre	Pickleball	05:00PM - 06:00PM	It looks like tennis, sounds like ping pong and favours the same light-on-your-toes action of badminton. Pickleball is a paddle sport created for all ages and skill levels. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Gather your friends for a fun session of Pickleball.	https://www.eventbrite.ca/e/pickleball-various-times-tickets-41426399476
Geng Table Tennis	Table Tennis	05:00PM - 06:00PM	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	https://www.eventbrite.ca/e/table-tennis-various-times-tickets-41394263356
The genesis Centre	Pickleball	06:00PM - 07:00PM	It looks like tennis, sounds like ping pong and favours the same light-on-your-toes action of badminton. Pickleball is a paddle sport created for all ages and skill levels. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Gather your friends for a fun session of Pickleball.	https://www.eventbrite.ca/e/pickleball-various-times-tickets-41426399476
Beltline Aquatic & Fitness Centre	Soccer	06:00PM - 07:00PM	The game of soccer -- more commonly referred to outside the United States as football -- has long been one of the most popular sports in the world. If you always wanted to learn but did not dare, this is your chance. Get your friends together or come and meet new people and give soccer a try!	https://www.eventbrite.ca/e/soccer-all-sport-one-city-tickets-42292116860
YMCA Shawnessy	STEP (Circuit)	06:00PM - 07:00PM	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
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!	https://www.eventbrite.ca/e/aqua-intervals-various-times-tickets-41259236487
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	https://www.eventbrite.ca/e/karate-para-karate-various-times-tickets-41794389143
YMCA Eau Claire	Active Yoga	06:40PM - 07:40PM	Find your strength as you de stress in this yoga class. You will improve your flexibility, strength, balance and body awareness.	https://www.eventbrite.ca/e/yoga-ymca-various-types-tickets-41842635449
UFC Gym Chinook	Kickboxing Skills & Technique	07:00PM - 08:00PM	NEW Building on your skills and technique training from prior classes, this class is designed to teach and practice both the offensive and defensive counter techniques and drills with a partner. Whether you are prepping for competition, learning about self defense or just want to learn more about Kickboxing, this class is for you.	https://www.eventbrite.ca/e/kickboxing-skills-technique-all-sport-one-city-tickets-42469794298
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.	https://www.eventbrite.ca/e/injafit-bootcamp-training-class-all-sport-one-city-tickets-41147662767
University of Calgary	Netball	07:00PM - 08:30PM	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; 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	https://www.eventbrite.ca/e/netball-all-sport-one-city-tickets-41526692455

Thursday, January 25, 2018



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			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!	
Repsol Sport Centre	Quidditch	07:00PM - 08:30PM	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 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
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
Osten and Victor Alberta Tennis Centre	Tennis	07:00PM - 08:30PM	Discover or rekindle your love for tennis through this 90 minute instruction and play session in our new, world class training facility! Our coaches will lead participants through a number of fun games and drills, helping them to learn the basics of tennis before facilitating an organised play session allowing them to put their skills into practice. Each session will include both instruction and match play in an inviting and welcoming environment.	https://www.eventbrite.ca/e/tennis-various-times-tickets-42131129342
Horseshoe Club	Horseshoe	07:00PM - 09:00PM	Horseshoes, which is also called horseshoe throwing, is a non-contact game which is usually played outdoors. It can be played individually, between two people, or two teams with two members each. This is a classic example of an old-fashioned pastime that has turned itself into an organized and very competitive sport.	https://www.eventbrite.ca/e/horseshoes-various-times-tickets-41029251596?aff=es2
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.	https://www.eventbrite.ca/e/corfit-classes-various-times-tickets-41047487139?aff=eac2
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!	https://www.eventbrite.ca/e/muay-thai-kickboxing-various-times-tickets-41341954900?aff=es2
YMCA Crowfoot	Yoga	07:30PM - 08:30PM	New to yoga? Try this Yoga session designed to give you a great workout as well as enable the mind to relax and focus.	https://www.eventbrite.ca/e/yoga-ymca-various-types-tickets-41842635449
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.	https://www.eventbrite.ca/e/injajump-trampoline-fitness-class-all-sport-one-city-tickets-41146043925
The genesis Centre	field hockey	09:00PM - 11:00PM	Simply put, field hockey is a game played on a grass or turf field where teams come together on a field and use hockey sticks to drive a ball into a net in order to score points. Although dominated by women, the game is open to all! Try some awesome field hockey stick skills; Bring a friend, make new friends, be part of a team!	https://www.eventbrite.ca/e/field-hockey-tickets-41852224129