

Saturday, January 27, 2018



Where	Activity Offered	Time of Session(s)	Sport information	Link to Info / registration page
YMCA Shawnessy	Gentle Yoga	09:15AM - 10:30AM	Find a sense of peace as you gently work your body. This class focuses on the healing aspects of yoga with stretching, relaxation and mind calming techniques.	<a href="https://www.eventbrite.ca/e/yoga-ymca-various-types-tickets-41842635449">https://www.eventbrite.ca/e/yoga-ymca-various-types-tickets-41842635449</a>
YMCA Eau Claire	Hi Low and Muscle Works	09:30AM - 11:00AM	If you love to grapevine, mambo and step touch, then this choreographed class is for you.	<a href="https://www.eventbrite.ca/e/hi-low-muscle-works-all-sport-one-city-tickets-41849702587">https://www.eventbrite.ca/e/hi-low-muscle-works-all-sport-one-city-tickets-41849702587</a>
Fung Loy Kok Taoist Tai Chi	Taoist Tai Chi® movements	09:30AM - 11:00AM	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>
Springbank dojo	Karate / Para-karate	10:00AM - 11:00AM	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>
WinSport	COR.FIT class	10:15AM - 11:15AM	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>
UFC Gym Chinook	Boxing Conditioning	11:00AM - 12:00PM	<b>NEW</b> Boxing Conditioning teaches basic boxing skills and techniques, designed to increase muscular strength and cardio endurance—the perfect class to get shredded! Boxing Conditioning will include cardio calisthenics, shadow boxing, bag work (150lb. bag) and core strengthening exercises. You will sweat like crazy, build a rock solid core and burn hundreds of calories.*	<a href="https://www.eventbrite.ca/e/boxing-conditioning-various-times-tickets-42467484389?aff=es2">https://www.eventbrite.ca/e/boxing-conditioning-various-times-tickets-42467484389?aff=es2</a>
Springbank dojo	Karate / Para-karate	11:00AM - 12:00PM	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>
YMCA Saddletowne	Muscle Works	11:00AM - 12:00PM	Get strong! In this class, you will develop muscular strength and endurance using a variety of equipment and techniques.	<a href="https://www.eventbrite.ca/e/muscle-works-all-sport-one-city-tickets-41850593251?aff=es2">https://www.eventbrite.ca/e/muscle-works-all-sport-one-city-tickets-41850593251?aff=es2</a>
Southland	Aikido	11:00AM - 12:30PM	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.	<a href="https://www.eventbrite.ca/e/aikido-various-times-tickets-41295346493">https://www.eventbrite.ca/e/aikido-various-times-tickets-41295346493</a>
WTM Fitness /Muay Thai	Muay Thai\ kickboxing	11:00AM - 12:30PM	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>
YMCA Saddletowne	Open Climb	11:45AM - 01:00PM	Learn the ropes to reach new heights on the climbing wall. No experience is required to learn a new activity, challenge yourself and practice the skills of wall climbing. You will learn all the safety elements to allow you to expand your workout routine in a new, exciting environment. All participants must wear comfortable clothing, have close-toed shoes and complete a YMCA Calgary Climbing Wall waiver form.	<a href="https://www.eventbrite.ca/e/climbing-various-times-tickets-41834724788">https://www.eventbrite.ca/e/climbing-various-times-tickets-41834724788</a>
WinSport	General Strength & Conditioning class	12:00PM - 1:00PM	This general strength and conditioning class is an introduction to our strength-focused training programs. Located in the Performance Training Centre, our highly trained staff will lead you through a series of upper body, lower body, and core exercises that will give you the perfect work out. Great for both beginners and experienced alike, participants will benefit from coaching and training appropriate to their ability level to pursue their fitness goals. This class caters to everyone because at the end of the day, we are all athletes	<a href="https://www.eventbrite.ca/e/general-strength-conditioning-class-all-sport-one-city-tickets-41296332442">https://www.eventbrite.ca/e/general-strength-conditioning-class-all-sport-one-city-tickets-41296332442</a>
YMCA Saddletowne	Open Climb	01:15PM - 02:30PM	Learn the ropes to reach new heights on the climbing wall. No experience is required to learn a new activity, challenge yourself and practice the skills of wall climbing. You will learn all the safety elements to allow you to expand your workout routine in a new, exciting environment. All participants must wear comfortable clothing, have close-toed shoes and complete a YMCA Calgary Climbing Wall waiver form.	<a href="https://www.eventbrite.ca/e/climbing-various-times-tickets-41834724788">https://www.eventbrite.ca/e/climbing-various-times-tickets-41834724788</a>
Springbank dojo	Karate / Para-karate	01:30PM - 02:30PM	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>
YMCA Saddletowne	HITT (High Intensity Interval Training)	02:00PM - 03:00PM	Get the ultimate workout with HIIT! Challenge and improve your cardiovascular fitness, balance, core strength and muscular endurance in this dynamic, high-energy workout. You will participate in a variety of intense, non-choreographed cardio and resistance intervals throughout the class.	<a href="https://www.eventbrite.ca/e/hitt-high-intensity-interval-training-all-sport-one-city-tickets-41851355531?aff=es2">https://www.eventbrite.ca/e/hitt-high-intensity-interval-training-all-sport-one-city-tickets-41851355531?aff=es2</a>
University of Calgary	Quidditch	03:00PM - 04:30PM	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 (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.	<a href="https://www.eventbrite.ca/e/quidditch-various-times-tickets-41439850709?aff=eac2">https://www.eventbrite.ca/e/quidditch-various-times-tickets-41439850709?aff=eac2</a>
WinSport	Discovery Ski Lesson	03:30PM - 05:00PM	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	<a href="https://www.eventbrite.ca/e/discovery-ski-lessons-various-times-tickets-41031160305">https://www.eventbrite.ca/e/discovery-ski-lessons-various-times-tickets-41031160305</a>
WinSport	Discovery Snowboard Lesson	03:30PM - 05:00PM	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	<a href="https://www.eventbrite.ca/e/discovery-snowboard-lessons-various-times-tickets-41031348869">https://www.eventbrite.ca/e/discovery-snowboard-lessons-various-times-tickets-41031348869</a>
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.	<a href="https://www.eventbrite.ca/e/horseshoes-various-times-tickets-41029251596?aff=es2">https://www.eventbrite.ca/e/horseshoes-various-times-tickets-41029251596?aff=es2</a>

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InjaNation	InjaNation TEEN NIGHT	08:00PM - 11:00PM	<ul style="list-style-type: none"><li>• InjaNation Teen Night features great music, contests &amp; competitions (including trampoline dodgeball, obstacle racing and many more) with prizes and bragging rights for the winners -</li><li>• Kick-off on January 27th is FREE. Teen Night will run every Saturday after that for \$25 admission</li></ul>	<a href="https://www.eventbrite.ca/e/injanation-teen-night-all-sport-one-city-tickets-41507846085">https://www.eventbrite.ca/e/injanation-teen-night-all-sport-one-city-tickets-41507846085</a>