

NORTH WEST:

[University of Calgary \(The Olympic Oval\)](#), [University of Calgary \(Kinesiology Complex\)](#), [YMCA Crowfoot](#)

NORTH EAST:

[Breathe Parkour - North](#), [Geng Table Tennis](#), [InjaNation](#), [The Genesis Centre](#), [Vivo for Healthier Generations](#), [YMCA Saddletowne](#).

SOUTH EAST:

[Breathe Parkour - South](#), [Horseshoe Club](#), [Osten and Victor Alberta Tennis Centre](#), [Repsol Sport Centre](#), [YMCA Shawnessy](#)

SOUTH WEST:

[Beltline Aquatic & Fitness Centre](#), [Fung Loy Kok Taoist Tai Chi](#), [Haysboro Community Centre](#), [Osana Karate Cougar Ridge Dojo](#) & [Springbank Dojo](#), [Southland](#), [WTM Fitness](#), [WinSport](#), [YMCA Eau Claire](#),

Event Dates	Activity Offered	Time of Session(s)	Sport information	Link to Info / registration page
Beltline Aquatic & Fitness Centre 221 12 Ave. S.W Calgary				
Thursday, January 25	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
Breathe Parkour - Calgary NORTH 401 33 Street NE Unit #8, Calgary				
Friday, January 26	Parkour	06:00PM - 08:00PM	Parkour is all about running, jumping, and moving safely (even if you only have one arm or leg!). Ages 14+ are welcome with their parents (Ratio of 2 teens per parent)	https://www.eventbrite.ca/e/parkour-various-times-tickets-41029725012?aff=es2
Breathe Parkour - Calgary SOUTH 10550 42 St SE #131, Calgary				
Friday, January 26	Parkour	07:00PM - 09:00PM	Parkour is all about running, jumping, and moving safely (even if you only have one arm or leg!). Ages 14+ are welcome with their parents (Ratio of 2 teens per parent)	https://www.eventbrite.ca/e/parkour-various-times-tickets-41029725012?aff=es2
OSUNA KARATE Cougar ridge Dojo - Calgary Waldorf School 515 Cougar Ridge Dr. SW, Calgary				
Monday, January 22	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
Monday, January 22		07:15PM - 08:00PM		
Wednesday, January 24		06:30PM - 07:15PM		
Wednesday, January 24		07:15PM - 08:00PM		
OSUNA KARATE Springbank Dojo - #3, 141 Commercial Drive - Springbank, Calgary				
Tuesday, January 23	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
Tuesday, January 23		07:15PM - 08:15PM		
Tuesday, January 23		08:15PM - 09:15PM		
Thursday, January 25		06:15PM - 07:15PM		
Thursday, January 25		07:15PM - 08:15PM		
Thursday, January 25		08:15PM - 09:15PM		
Friday, January 26		05:00PM - 06:00PM		
Friday, January 26		06:00PM - 07:00PM		
Friday, January 26		07:00PM - 08:00PM		
Saturday, January 27		10:00AM - 11:00AM		
Saturday, January 27		11:00AM - 12:00PM		

Event Dates	Activity Offered	Time of Session(s)	Sport information	Link to Info / registration page
Saturday, January 27		01:30PM - 02:30PM		

Fung Loy Kok Taoist Tai Chi
2310 24 St SW, Calgary

Monday, January 22	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
Monday, January 22		07:00PM - 08:30PM		
Tuesday, January 23		10:00AM - 11:30AM		
Tuesday, January 23		07:00PM - 08:30PM		
Wednesday, January 24		07:00PM - 08:30PM		
Wednesday, January 24		10:00AM - 11:30AM		
Thursday, January 25		10:00AM - 11:30AM		
Thursday, January 25		07:00PM - 08:30PM		
Saturday, January 27		09:30AM - 11:00AM		

Geng Table Tennis
2110 41 Ave NE, Calgary

Monday, January 22	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
Monday, January 22		04:00PM - 05:00PM		
Wednesday, January 24		06:00PM - 07:00PM		
Wednesday, January 24		07:00PM - 08:00PM		
Thursday, January 25		04:00PM - 05:00PM		
Thursday, January 25		05:00PM - 06:00PM		

Haysboro Community Centre
1204 89th Ave SW Calgary

Tuesday, January 23	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	https://www.eventbrite.ca/e/karate-women-class-tickets-41296679480
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Horseshoe Club
4310 78 Ave SE, Calgary

Wednesday, January 24	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
Thursday, January 25		07:00PM - 09:00PM		
Friday, January 26		07:00PM - 09:00PM		
Saturday, January 27		07:00PM - 09:00PM		

InjaNation
Unit 102, 52 Aero Drive NE, Calgary

Monday, January 22		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	https://www.eventbrite.ca/e/injafit-bootcamp-training-class-all-sport
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Tuesday, January 23	InjaFit Bootcamp training class	07:00PM - 08:00PM	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.	one-city-tickets-41147662767
Wednesday, January 24		08:00PM - 09:00PM		
Thursday, January 25		07:00PM - 08:00PM		
Friday, January 26		01:00PM - 02:00PM		
Monday, January 22	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 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
Tuesday, January 23		08:00PM - 09:00PM		
Wednesday, January 24		07:00PM - 08:00PM		
Thursday, January 25		08:00PM - 09:00PM		
Monday, January 22	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
Tuesday, January 23		10:30AM - 11:30AM		
Wednesday, January 24		10:30AM - 11:30AM		
Thursday, January 25		10:30AM - 11:30AM		
Saturday, January 27	InjaNation TEEN NIGHT	08:00PM - 11:00PM	<ul style="list-style-type: none"> InjaNation Teen Night features great music, contests & competitions (including trampoline dodgeball, obstacle racing and many more) with prizes and bragging rights for the winners - Kick-off on January 27th is FREE. Teen Night will run every Saturday after that for \$25 admission 	https://www.eventbrite.ca/e/injanation-teen-night-all-sport-one-city-tickets-41507846085
Osten and Victor Alberta Tennis Centre				
295 – 90th Avenue SE, Calgary				
Thursday, January 25	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
Friday, January 26				
Repsol Sport Centre				
2225 Macleod Trail South, Calgary				
Monday, January 22	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
Wednesday, January 24		08:00PM - 09:00PM		
Tuesday, January 23	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 bouting. No specific demographic.	https://www.eventbrite.ca/e/fencing-tickets-41346017050?aff=es2
Thursday, January 25	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 (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
Friday, January 26	Wheelchair Basketball	06:30PM - 07:30PM	Wheelchair basketball is now played in more than 80 countries around the world. It was one the original sports in the Summer Paralympic Games held in Rome in 1960. Basketball players - able-bodied are encouraged to attend! This is a great sport for those who love basketball and maybe looking for a new challenge. We are open to all abilities, disabled or able-bodied, male or female. Whether you have played before or not, you are welcome to come and try wheelchair basketball (wheelchairs provided).	https://www.eventbrite.ca/e/wheelchair-basketball-all-sport-one-city-tickets-42211796620?aff=es2
Friday, January 26	Wheelchair Rugby	07:30PM - 08:30PM	If you're looking for a rush of adrenaline and excitement for players and fans, then wheelchair rugby is the sport for you! The game is played on a regulation size basketball court with four players aside. It is a mixed gender sport, where both male and female athletes play on the same teams. The object of the game is for players to score by crossing the opposing team's goal line while maintaining possession of	https://www.eventbrite.ca/e/wheelchair-rugby-all-sport-one-city-tickets-42212541849

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			the ball. This can be accomplished through passing, bouncing, and carrying of the ball. Physical contact between wheelchairs is permitted and forms a major part of the game.	
Southland Leisure Centre				
2000 Southland Dr SW, Calgary				
Monday, January 22	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
Wednesday, January 24		07:30PM - 09:00PM		
Saturday, January 27		11:00AM - 12:30PM		
The Genesis Centre (check YMCA Saddletowne as well, which is next door)				
10, 7555 Falconridge Blvd. NE, Calgary				
Monday, January 22	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
Monday, January 22	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. Footy is a fast, free-flowing game. The game looks to be hybrid of rugby and soccer with a bit of basketball, hockey, football, lacrosse and volleyball thrown in for good measure. The coaches will run you through the basic skills (handballing, kicking, catching); first the technique, and then incorporate these into some short drills. Finally, depending on numbers, and if time permits, participants would break into two teams and run a short, non-contact game of footy.	https://www.eventbrite.ca/e/footy-aussie-rules-football-tickets-41433713352
Monday, January 22	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 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
Thursday, January 25	Pickleball	05:00PM - 06:00PM 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
Thursday, January 25	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 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-4185224129
University of Calgary - Kinesiology Complex (Active living)				
2500 University Drive Northwest				
Monday, January 22	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; 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
Thursday, January 25		07:00PM - 08:30PM		
Saturday, January 27	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.	https://www.eventbrite.ca/e/quidditch-various-times-tickets-41439850709?aff=eac2
University of Calgary – The Olympic Oval				
2500 University Drive Northwest				
Monday, January 22	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	https://www.eventbrite.ca/e/speed-skating-all-sport

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Tuesday, January 23		08:20PM - 09:30PM	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.	one-city-tickets-41510198120
Wednesday, January 24	Speed Skating - short track	08:15PM - 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.	
Vivo for Healthier Generations				
11950 Country Village Link NE, Calgary				
Monday, January 22	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
Monday, January 22	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
Friday, January 26		06:30AM - 07:30AM		
Tuesday, January 23	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
Thursday, January 25		06:00AM - 07:00AM		
Tuesday, January 23	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
Thursday, January 25		06:15PM - 07:00PM		
Tuesday, January 23	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.	https://www.eventbrite.ca/e/danceplay-tickets-41293729657
Wednesday, January 24	Zumba	07:00PM - 08:00PM	This class fuses hypnotic Latin rhythms and easy to follow moves to create a high energy, calorie blasting, total body dance based workout that feels more like a dance party.	https://www.eventbrite.ca/e/zumba-tickets-41294899155
Friday, January 26	Barre	11:15AM - 12:15PM	What is Barre? Incorporating elements of yoga, Pilates and ballet, Barre is a low-impact and high-energy workout that is suitable for everyone! Using a fusion of body weight and free weight movements, Barre focuses on building longer, leaner muscles while simultaneously improving posture, grace and flexibility. Since Barre is done in a social, music-filled environment, it's a workout that doesn't feel like "work". Treat yourself to this unique opportunity to connect with your body and with your community today!	https://www.eventbrite.ca/e/barre-tickets-41292452838
WinSport				
88 Canada Olympic Rd SW, Calgary				
Monday, January 22	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.	https://www.eventbrite.ca/e/bobsleigh-learn-to-push-tickets-41092839790?aff=eac2
Monday, January 22	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
Monday, January 22	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
Monday, January 22		07:15PM - 08:45PM		
Wednesday, January 24		05:30PM - 07:00PM		
Wednesday, January 24		07:15PM - 08:45PM		
Saturday, January 27		03:30PM - 05:00PM		
Monday, January 22	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
Monday, January 22		07:15PM - 08:45PM		
Wednesday, January 24		05:30PM - 07:00PM		

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Wednesday, January 24		07:15PM - 08:45PM		
Saturday, January 27		03:30PM - 05:00PM		
Tuesday, January 23	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
Thursday, January 25		07:30PM - 08:30PM		
Saturday, January 27		10:15AM - 11:15AM		
Wednesday, January 24	Skeleton - Learn to Push	05:30PM - 07:00PM	Our "Learn to Push" offer athletes the chance to experience push training just as our Olympians do. With coaching provided by Provincial team members, beginners will learn the techniques required for a strong, fast start. These skills will begin to develop as they sprint down the ice, leap on their sleds and cross the finish line in just a short time. Family and friends are welcome to come and watch! These sessions will take place in the Ice House here at WinSport. The Ice House is the only indoor facility of its kind in North America, allowing sliding athletes of all levels to perfect the all-important push!	https://www.eventbrite.ca/e/skeleton-learn-to-push-various-times-tickets-41093287128?aff=eac2
Friday, January 26		05:30PM - 07:00PM		
Wednesday, January 24	Adult Learn to Skate	08:00PM - 09:00PM	Adult Learn to Skate 18+ This program is designed for adults who have never been on skates before and to those looking to take their skating skills to the next level. It's a great way to get out and be active, meet some new friends and enjoy this classic Canadian winter pastime! The participants will get an introduction to on-ice safety and then they will be placed into smaller groups to work on their individual skills in a fun and safe environment.	https://www.eventbrite.ca/e/adult-learn-to-skate-tickets-41093695349
Friday, January 26	General Strength & Conditioning class	07:30PM - 08:30PM	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	https://www.eventbrite.ca/e/general-strength-conditioning-class-all-sport-one-city-tickets-41296332442
Saturday, January 27		12:00PM - 1:00PM		

WTM Fitness

2633 Hochwald Ave SW- Calgary

Monday, January 22	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
Tuesday, January 23		12:00PM - 1:00PM		
Tuesday, January 23		07:30PM - 08:30PM		
Wednesday, January 24		12:00PM - 1:00PM		
Thursday, January 25		12:00PM - 1:00PM		
Thursday, January 25		07:30PM - 08:30PM		
Friday, January 26		12:00PM - 1:00PM		
Saturday, January 27		11:00AM - 12:30PM		
Monday, January 22	KID 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
Wednesday, January 24		04:30PM - 05:30PM		
Friday, January 26		04:45PM - 05:45PM		

YMCA Crowfoot

8100 John Laurie Blvd NW, Calgary

Monday, January 22	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.	https://www.eventbrite.ca/e/zumba-ymca-various-types-tickets-41837920346
Wednesday, January 24	Group Cycle	06:00PM - 06:45PM	Come prepared for a cardio workout that emphasizes proper form, technique and safety. You will challenge your endurance with hills, sprints and more.	https://www.eventbrite.ca/e/group-cycle-various-times-tickets-41293041599
Thursday, January 25	Yoga	07:30PM - 08:30PM	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.	https://www.eventbrite.ca/e/yoga-ymca-various

Event Dates	Activity Offered	Time of Session(s)	Sport information	Link to Info / registration page
				types-tickets-41842635449
Friday, January 26	Group Power	10:30AM - 11:30AM	Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, Group Power combines exercises with functional integrated exercises.	https://www.eventbrite.ca/e/group-power-all-sport-one-city-tickets-41849981421
YMCA Eau Claire 101 3 Street SW, Calgary				
Monday, January 22	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
Tuesday, January 23	Group Blast	12:05PM - 12:50PM	Get a workout using the step in effective athletic ways. It will get your heart pounding as you improve your fitness, agility, coordination and strength.	https://www.eventbrite.ca/e/group-blast-all-sport-one-city-tickets-41849521044
Wednesday, January 24	Barbell Blast	05:30PM - 06:30PM	Build strength and progress in this weight training class. You will use barbells and plates for a total body workout.	https://www.eventbrite.ca/e/barbell-blast-tickets-41836160081
Thursday, January 25	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
Friday, January 26	Zumba	12:05PM - 12:50PM	Join this energetic dance class where you will mix high and low intensity moves using rhythms of Latin and world music.	https://www.eventbrite.ca/e/zumba-ymca-tickets-41837920346
Saturday, January 27	Hi Low & Muscle Works	09:30AM - 11:00AM	If you love to grapevine, mambo and step touch, then this choreographed class is for you.	https://www.eventbrite.ca/e/hi-low-muscle-works-all-sport-one-city-tickets-41849702587
YMCA Remington 108 Quarry Park Rd, Calgary				
Monday, January 22	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	https://www.eventbrite.ca/e/synergy-circuit-all-sport-one-city-tickets-41845521080
Wednesday, January 24	Bootcamp	12:15PM - 01:00PM	Challenge yourself using body weight exercises and a variety of portable equipment in this exhilarating boot camp class! Get ready to be put through strength and metabolic conditioning exercises that will get you sweating in no time.	https://www.eventbrite.ca/e/bootcamp-ymca-tickets-41831255411
YMCA Saddletowne 108 Quarry Park Rd, Calgary (check The Genesis Centre as well, which is next door)				
Saturday, January 27	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.	https://www.eventbrite.ca/e/muscle-works-all-sport-one-city-tickets-41850593251?aff=es2
Saturday, January 27	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.	https://www.eventbrite.ca/e/climbing-various-times-tickets-41834724788
		01:15PM - 02:30PM		
Saturday, January 27	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.	https://www.eventbrite.ca/e/hitt-high-intensity-interval-training-all-sport-one-city-tickets-41851355531?aff=es2
YMCA Shawnessy 400 - 333 Shawville Blvd SE, Calgary				
Monday, January 22	STEP (Intro or Circuit)	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. It's fun, and the enthusiasm in the room is palpable	https://www.eventbrite.ca/e/step-ymca-various-times-tickets-41841472972
Thursday, January 25		06:00PM - 07:00PM		
Tuesday, January 23	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.	https://www.eventbrite.ca/e/group-cycle-various-times-tickets-41293041599
Saturday, January 27	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.	https://www.eventbrite.ca/e/yoga-ymca-various-types-tickets-41842635449