

Anytime Fitness Chaparral:

<i>Date</i>	<i>Time</i>	<i>Location</i>	<i>Class</i>
Saturday November 5 th	11am	Anytime Fitness Chaparral	45-minute class
Saturday November 12 th	11am	Anytime Fitness Chaparral	
Saturday November 19 th	11am	Anytime Fitness Chaparral	
Saturday November 26 th	11am	Anytime Fitness Chaparral	

November 5th, 12th and 26th will be run by Sydney. The class is a 45 Minute Team Training Class. High Energy training session that uses cardio and weights. Perfect for all fitness levels.

November 19th will be run by Shannon. It is a 45 Minute Team Training Class. High Energy training session that uses cardio and weights. Perfect for all fitness levels.

Anytime Fitness welcomes all ages to these classes! Friends, daughters, granddaughters, grandparents are all welcome to attend.

To book into the above classes, please call (587) 352 2407 or email: chaparralab@anytimefitness.com

Anytime Fitness: 1800 194 Ave SE #5110, Calgary, AB T2X 0R3

EMF Fitness:

<i>Date</i>	<i>Time</i>	<i>Location</i>	<i>Class</i>
Saturday November 5 th	10am	Farrell Rd SE	Bootcamp
Sunday November 6 th	10am		
Saturday November 12 th	10am		
Sunday November 13 th	10am		
Sunday November 13 th	2pm		HipHop Dance
Saturday November 19 th	10am		Bootcamp
Sunday November 20 th	10am		
Saturday November 26 th	10am		
Sunday November 27 th	10am		

Classes are an energetic mix of strength and cardiovascular training. EMF Fitness programming is perfect for all fitness levels from absolute beginner all the way to advanced training.

To book into the above classes, text (403) 861 1357. Drop in's are very welcome!

EMF Fitness: 1800 194 Ave SE #5110, Calgary, AB T2X 0R3

Bedrock CrossFit:

<i>Date</i>	<i>Time</i>	<i>Location</i>	<i>Class</i>
Friday November 18 th	5:45am	640 42 Ave NE #1	CrossFit
	9am		
	12pm		
	4:30pm		
	5:30pm		

To book into the above class, sign up online: <https://bedrock-crossfit.triib.com/free-trial/>

Bedrock CrossFit: 640 42 Ave NE #1, Calgary, AB T2E 7J9

Urban Athlete:

<i>Date</i>	<i>Time</i>	<i>Location</i>	<i>Class</i>
Saturday November 5 th	9am	480 14 St NW	Yoga with Cindy
Monday November 7 th	6pm		Functional Gainz with Wendy
Wednesday November 9 th	6:15am		HIIT with Michelle
Thursday November 17 th	12pm		Full Body Strength with Shahinda
Wednesday November 23 rd	6pm		Glute Gains with Karly
Tuesday November 29 th	6pm		Full Body HIIT with Erika

To book into the above classes, please visit their website at: <https://urbanathletecalgary.com/strong-like-a-woman/> or call (403) 244-1445.

Urban Athlete: 480 14 St NW, Calgary, AB, T2N 1Z7.

Junction 9:

<i>Date</i>	<i>Time</i>	<i>Location</i>	<i>Class</i>
Friday November 18 th	6pm	Junction 9 Inglewood	Vinyasa Flow

Vinyasa flow is a class of exploration for syncing movement and breath. We will uncover the magic of non-sequenced flow, and how the wide array of postures linked with pranayama will help support and build a strong mind, body, and heart. Each class will be a different experience based on your teacher's creative choice and background to bring you to new depths and your edge on that day. Vinyasa yoga is an opportunity to challenge yourself while accessing a non-traditional flow and the way in which you show up on your mat. How we do one thing is how we do everything. We can't wait to meet you on your mat and see where our movement takes us. Everyone is welcome to this class. It will meet you wherever you are in your own personal practice.

To book into the above class, please use the link;
<https://clients.mindbodyonline.com/classic/mainclass?fl=true&tabID=7>

Junction 9: 919 9th Ave SE, Calgary, AB, T2G 0S5

Breathe Hot Yoga:

<i>Date</i>	<i>Time</i>	<i>Location</i>	<i>Class</i>
Saturday November 26 th	4pm – 5:30pm	Breathe Hot Yoga McKenzie Towne	90 min Yang Yin

To book into the above class, Clients will be able to register online (<https://breathehotyoga.ca/workshops-1>) or in person at either of their studios:

- Breathe Hot Yoga Mckenzie Towne, 142 McKenzie Towne Link SE #210