

Class Descriptions



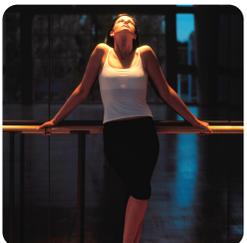
Boot Camp: Total body workout, where cardio, strength and core are all built through calisthenics, resistance training and interval work. All fitness Levels welcome.



Cycle: Saddle up on the bike and get ready to burn some calories in this steady intensity cardio workout. Motivating drills to the music will get your legs pumping. If you like the bike then this one's for you! All fitness levels welcome.



Yoga: Yoga is a practice that links postures in a way that promotes a flow of energy. A group of postures may be linked together building on top of each other to create a deeper, fuller experience. This practice is energizing and creative so that no 2 practices are alike although the same fundamental poses will be present. Beginner to advanced levels welcome. Participants must bring their own yoga mat.



Ballet Barre Works: Ballet Barre Works is the signature class created by Ballet Beats studio here in Calgary and taught by their in house instructors. It is a full body workout done ballet style. They use the barre to support basic ballet exercises choreographed to energizing music. This workout will get you moving, sweating and mastering the art of Ballet. Strengthen and lengthen muscles, build grace, musicality, flexibility and a love of dance. Suitable for all ages and levels, graceful or not!

Class Pass Options and Registration



Month Pass- Unlimited Classes (\$50.00+gst)

Access any scheduled class as many times as you want during the 4 week period that the Month Pass is valid for. There are guaranteed to be 4 weeks in each month that the Month Pass is valid for. After the expiration date, the pass is no longer useable. Members then can purchase the next month pass.



4 Class Pass (\$40.00+gst)

With this pass, members can attend 4 group exercise classes on the schedule. No expiry date. Valid for any class. After the 4 passes are used up the pass is no longer useable.



Single Class Pass (\$12.00+gst)

With this pass, members can attend 1 group exercise class on the schedule. No expiry date. Valid for any class. After the pass is used up the pass is no longer useable.

How to Purchase Passes and Register for Classes

1. Sign in to the member portal. Link is on the first page. Login with email address and password.
2. Select the **STORE** tab to find the pass options. Select a pass and follow prompts to purchase using a credit card. Once purchased, the pass will appear on member account.
3. After purchasing, go to the **BOOK NOW** tab to find the weekly class schedule. Select the class you would like to book a spot for and select book now. You are set! Please cancel if you can no longer attend class, as space is limited and others may be on the waitlist.