2018 FALL RECREATION GUIDE

SAVILLE COMMUNITY SPORTS CENTRE

Registration opens August 29
www.activityreg.ualberta.ca
BE THE ROAR

BE THE ROAR THAT UNITES US IN GREEN AND GOLD!

UOFA STUDENTS GET FREE ADMISSION TO ALL LISTED GAMES WITH A VALID ONECARD.*

MUST BE PRESENTED TO THE TICKET GATE ON GAME DAY.

DON’T FORGET YOUR THROAT LOZENGES...

@BEARSANDPANDAS

* LEARN MORE AT BETHEROAR.CA

PANDAS & BEARS VOLLEYBALL

| OCT 25 | 6:00PM  | 8:00PM |
| NOV 03 | 5:00PM  | 7:00PM |
| NOV 16 | 6:00PM  | 7:00PM |
| NOV 17 | 5:00PM  | 7:00PM |
| JAN 04 | 6:00PM  | 8:00PM |
| JAN 05 | 5:00PM  | 7:00PM |
| JAN 18 | 6:00PM  | 8:00PM |
| JAN 19 | 5:00PM  | 7:00PM |
| FEB 01 | 6:00PM  | 8:00PM |
| FEB 02 | 5:00PM  | 7:00PM |

PANDAS & BEARS SOCCER

| OCT 26 | 7:30PM  | 6:00PM |
| OCT 27 | 5:00PM  | 6:30PM |
| NOV 09 | 7:30PM  | 6:00PM |
| NOV 10 | 5:00PM  | 6:30PM |
| NOV 30 | 7:30PM  | 6:00PM |
| DEC 01 | 5:00PM  | 6:30PM |
| JAN 11 | 7:30PM  | 6:00PM |
| JAN 12 | 5:00PM  | 6:30PM |
| JAN 25 | 7:30PM  | 6:00PM |
| JAN 26 | 5:00PM  | 6:30PM |
| FEB 08 | 7:30PM  | 6:00PM |
| FEB 09 | 5:00PM  | 6:30PM |

PANDAS & BEARS BASKETBALL

| REGINA 7:00PM SEP 07 |
| MANITOBA 7:00PM SEP 21 |
| UBC 7:00PM SEP 28 |
| CALGARY 1:00PM OCT 27 |
| SASKATCHEWAN 7:00PM SEP 29 |
| SASKATCHEWAN 6:00PM SEP 30 |
| MOUNT ROYAL 7:00PM OCT 20 |
| UBC 7:00PM OCT 26 |
| UBC 7:00PM OCT 27 |
| REGINA 7:00PM NOV 09 |
| REGINA 7:00PM NOV 10 |
| CALGARY 7:00PM NOV 23 |
| MANITOBA 7:00PM JAN 04 |
| MANITOBA 7:00PM JAN 05 |
| MOUNT ROYAL 7:00PM JAN 18 |
| LETHBRIDGE 7:00PM FEB 01 |
| LETHBRIDGE 7:00PM FEB 02 |
| CALGARY 7:00PM FEB 09 |
| MANITOBA 7:00PM OCT 12 |
| MANITOBA 2:00PM OCT 13 |
| MOUNT ROYAL 7:00PM OCT 19 |
| LETHBRIDGE 7:00PM NOV 16 |
| LETHBRIDGE 2:00PM NOV 17 |
| CALGARY 7:00PM NOV 24 |
| SASKATCHEWAN 7:00PM NOV 30 |
| SASKATCHEWAN 2:00PM DEC 01 |
| UBC 7:00PM JAN 11 |
| UBC 2:00PM JAN 12 |
| MOUNT ROYAL 7:00PM JAN 19 |
| REGINA 7:00PM JAN 25 |
| REGINA 2:00PM JAN 26 |
| CALGARY 7:00PM FEB 08 |
| LETHBRIDGE 1:00PM SEP 09 |
| CALGARY 6:00PM OCT 04 |
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Saville Community Sports Centre
11610 65 Ave, Edmonton, AB
780.492.1000
savillesports@ualberta.ca
savillecentre.ca

HOURS OF OPERATION

Saville Community Sports Centre Customer Service (Curling, Fitness, Tennis)

Sep–Apr*
Mon–Fri: 6:00 a.m.–10:00 p.m.
Sat–Sun: 8:00 a.m.–10:00 p.m.

May–Aug*
Mon–Fri: 6:00 a.m.–9:00 p.m.
Sat–Sun: 8:00 a.m.–9:00 p.m.

Saville Community Sports Centre Customer Service (Basketball, Gymnastics, Volleyball)

Sep–Aug*
Mon–Fri: 7:00 a.m.–10:00 p.m.
Sat–Sun: 8:00 a.m.–10:00 p.m.

*Hours subject to change

@SavilleCentre
/SavilleCommunitySportsCentre
REGISTRATION

HOW TO REGISTER

• Payment required at the time of registration
• Valid ONEcard required for U of A students*, alumni and staff
• You will receive a confirmation email
• For your convenience, registration is available for both North Campus and Saville Community Sports Centre

*A University of Alberta student is one who is currently enrolled in an academic program at the University of Alberta and has paid the Athletic and Recreation Fee

Online
activityreg.ualberta.ca

In Person
North Campus
1-213 Van Vliet Complex

Saville Community Sports Centre
11610 65 Ave

Phone
780.492.1000

HOW TO PAY

• Cash (in-person only)
• Credit card (Visa, American Express, and MasterCard)
• Debit card (in-person only)
• Personal cheque or money order to University of Alberta; no post-dated cheques; $25 administrative fee is charged for NSF cheques

GROUP FITNESS WAIT LIST

If a program is full, you may add your name on the wait list. If a space becomes available, the Customer Service Desk will contact you by phone or email. Please ensure we have your current contact information.

GROUP FITNESS REGISTRATION, WITHDRAWAL AND TRANSFER POLICIES

Group Fitness Refund

• You are allowed to withdraw from or transfer programs prior to the third class. There will be no refunds or credit after the start of the third class
• A refund will be issued for the value of the remaining classes less a $15 administration fee
• If the original payment was by credit card or debit card, the refund will be issued to the same card used for the original payment
• If the original payment was by cash or cheque, you will be refunded by cheque. This will be mailed to you 3-6 weeks from the time the refund is requested
• No administration fee will be applied if your program is cancelled

Group Fitness Credit

• Refunds can be requested as credit to your account
• Credits will be for the cost of the remaining classes. No administration fee will be charged when requesting a credit
• If a refund is requested at a later date, a $15 administration fee will be charged

Group Fitness Transfer

• If transferring to a program of a greater value, you will be required to pay the difference between the programs; if the program is of lesser value, the difference will be credited onto your account

GROUP FITNESS WAIVERS, CLASS CANCELLATIONS AND DROP-IN PASSES

Waiver

All participants are required to sign a yearly (May 1–Apr 30) waiver before beginning a program. The waiver is available online at activityreg.ualberta.ca, and at the Customer Service Desks at the Saville Community Sports Centre and Fitness Centre.
GROUP FITNESS CLASS CHANGES AND CANCELLATIONS

- Class changes or cancellations can occur due to low enrollment, and as late as the day before the class begins
- Under some circumstances, programs with low enrollment may run the first week to encourage registration, but may be cancelled in the second week

Although we make every effort to run all classes listed in the Recreation Guide, classes may be cancelled due to unforeseen circumstances.

GROUP FITNESS CLASS DROP-IN PASSES

- Drop-in passes provide flexibility in experiencing a wide variety of fitness classes at Saville Community Sports Centre and North Campus
- Purchase these at the Customer Service Centre in the Van Vliet Complex or Saville Community Sports Centre
- Drop-in classes are signified by a throughout the guide. Find the drop-in calendar online at uab.ca/recreation or at savillecentre.ca

GROUP FITNESS DROP-IN PARTICIPATION:

TERMS OF USE

- All Fitness class drop-in participants must check in with instructor at the time of their class
- Multi-use drop-in passes must be presented with photo ID
- Drop-in participation is based on first-come, first-served basis and at the discretion of the course instructor
- Registered participants for a particular class will have priority for attendance over drop-in participants
- Due to the popularity of our classes, it may be difficult to gain admittance to certain classes during the first two weeks of the term. However, after the first two weeks of a session, we can generally accommodate all drop-in participants
- Passes are non-transferable and non-refundable once purchased. Drop-in passes cannot be exchanged for a credit towards registration in a class
SAVILLE COMMUNITY SPORTS CENTRE DROP-IN PROGRAMMING

An indoor track, fitness centre, studio, activity room, gymnastics gym, and 12 beautiful hardwood gymnasiums with competition level surfaces are available for drop-in for the following sports: Badminton, Basketball, Gymnastics, Volleyball, Indoor Track and Family Fun drop-in!

Visit our website SavilleCentre.ca for the drop-in schedule and rules and regulations.

1. A day pass is non-transferable and is valid for one full day during scheduled drop-in times at the Saville Community Sports Centre. A daily access pass must be used on the date purchased.

2. Wristbands are required for drop-in programming; anyone caught without a wristband will be asked to leave the facility immediately.

3. Drop-in wristbands must be visible and on the person; wristbands that have been removed are no longer valid.

Gold Day Pass*

- Access to indoor track
- Access to the fitness centre during normal operating hours
- Access to drop-in court sport programming (excluding tennis)

Silver Day Pass*

- Access to indoor track
- Access to drop-in court sport programming (excluding tennis)

Bronze Day Pass

- Access to indoor track

Fitness Centre Day Pass

- Access to the fitness centre

Family Fun Day Pass*

- Access to the family fun drop-in program
- Includes up to two adults and three dependents under the age of 12 years old (living at the same address)
- Additional dependents can be added for an additional $4 each
- A guardian must be present at all times

*Drop-in programming is available on a first-come first-served basis and offered based on court availability. Online schedule at calendars.savillecentre.ca

<table>
<thead>
<tr>
<th>Category</th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
<th>Fitness Centre</th>
<th>Family Fun Program</th>
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</thead>
<tbody>
<tr>
<td>Adult (18+)</td>
<td>$12</td>
<td>$9</td>
<td>$5</td>
<td>$10</td>
<td>n/a</td>
</tr>
<tr>
<td>Seniors (65+) /University of Alberta Alumni/Staff*</td>
<td>$11</td>
<td>$7</td>
<td>$5</td>
<td>$9</td>
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<td>Youth (12–17 years old) /University of Alberta Student*</td>
<td>$9.50</td>
<td>$6</td>
<td>$5</td>
<td>$7.50</td>
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<tr>
<td>Child (11 &amp; Under)</td>
<td>n/a</td>
<td>$5</td>
<td>$5</td>
<td>n/a</td>
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<tr>
<td>Family*</td>
<td>n/a</td>
<td>$25</td>
<td>n/a</td>
<td>n/a</td>
<td>$8</td>
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</tbody>
</table>

*Families consist of two adults and up to three dependents under the age of 18 living at the same address. Children must be accompanied by an adult.

^Valid ONEcard required for U of A students, alumni and staff.
MEMBERSHIPS

SAVILLE COMMUNITY SPORTS CENTRE MEMBERSHIPS

We offer a variety of flexible membership options to meet the needs of sports lovers, fitness gurus or families who want to get active. From personal training in the 4,000 square foot fitness center to competitive sport or gymnastics, the Saville Community Sports Centre has it all.

<table>
<thead>
<tr>
<th>INCLUDES</th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
<th>Fitness Centre &amp; Indoor Track</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor Track</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Drop-In Court Sports</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fitness Centre</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
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<tr>
<td>10% off Registered Group Fitness (perpetual memberships)</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
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<tr>
<td>5% off Selected Ortona Programming (perpetual memberships)</td>
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<td>X</td>
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<tr>
<td>All SCSC Drop-In Group Fitness</td>
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<td></td>
<td></td>
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<td>Court Sport Rental Equipment Day Use</td>
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<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
<th>Fitness Centre &amp; Indoor Track</th>
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<tbody>
<tr>
<td>Adult (18+)</td>
<td>$71.50</td>
<td>$39</td>
<td>$16</td>
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<tr>
<td>Seniors (65+) /University of Alberta Alumni/Staff^</td>
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<td>$26</td>
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<tr>
<td>Youth (12–17 years old) /University of Alberta Student^</td>
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<td>$12</td>
<td>$31.50</td>
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<tr>
<td>Child (11 &amp; Under)</td>
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<td>$19.50</td>
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<td>n/a</td>
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<tr>
<td>Family*</td>
<td>n/a</td>
<td>$65</td>
<td>$28</td>
<td>n/a</td>
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</tbody>
</table>

*Families consist of two adults and up to three dependents under the age of 18 living at the same address. Children must be accompanied by an adult.

^Must provide a valid ONEcard for U of A students, staff and alumni rates.

GOLD MEMBERSHIPS include access to Saville Community Sports Centre drop-in group fitness classes

MEMBERSHIPS AND LEAGUES
For information on memberships and leagues for basketball, curling, gymnastics, tennis and volleyball, please visit our website www.SavilleCentre.ca

PARKING
Conveniently located next to the South Campus LRT station. Parking is FREE while using the facility. Park and ride is not permitted.

INCLUSION SUPPORT SERVICES
Campus & Community Recreation’s mission is to create a sense of community through quality recreation programs at the University of Alberta and in the community. As part of that mission, Campus & Community Recreation strives to be inclusive and provide a variety of accommodations for equal access to our programs, events and facilities.

FITNESS CENTRE PUNCH PASS

<table>
<thead>
<tr>
<th>Type of Pass</th>
<th>General Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 Punch Pass**</td>
<td>$89</td>
</tr>
</tbody>
</table>

**No access to Indoor Track
The Saville Community Sports Centre (SCSC) is a state-of-the-art recreation facility that provides programming and services for sport enthusiasts of all levels, from recreational athletes to Olympic champions. We offer GO Sports programming which includes recreational and organized basketball, volleyball, gymnastics, badminton, group fitness and so much more. The SCSC curling and tennis operations both provide outstanding playing conditions as well as leading edge instructional programs and services. The SCSC is proud to host many professionally operated events including the HDF Insurance Shoot-Out (world curling tour event); Edmonton Grads basketball tournaments; provincial gymnastic competitions; the Saville Canadian Under-18 ITF tennis tournament; and Volleyball Alberta premier tournaments.

**COMPETITION GYM**

Features 22,000 square feet of hardwood floor space with retractable 2,500 bleacher seating. Sport configurations include volleyball, basketball and badminton. Additional features include: two room-dividing curtains, three multi-purpose meeting spaces, licensed lounge and indoor running track above seating.

**CURLING FACILITY**

Features 10 sheets of ice and has been designated as a National Training Centre by Curling Canada.

**FOOTE FIELD**

A multi-use sport training and competition facility designed for field hockey, football, track and field and soccer.

The premier turf field features east and west bleachers with a seating capacity of 3,000, press box, hospitality suite, locker rooms and multi-purpose rooms. Foote Field meeting rooms include Alumni Lounge and multi-purpose rooms.

The west side of Foote Field features an IAAF standard 8-lane, 400 metre Mondo surface track, throwing areas, pole vault, high jump, long jump and triple jump areas. Additional amenities include: a press box with public address and scoreboard system; and bleacher seating with a maximum capacity of 1,500.

A heated air-supported structure enclosing the artificial turf from December to April allows Foote Field to be a year-round facility used by a variety of university and community groups.

**TENNIS FACILITY**

Features eight indoor courts and has been recognized as a Silver Tennis Development Centre by Tennis Canada.

**NORTH GYMNASIUMS**

Mainly used for basketball, five full-size FIBA basketball courts available for league, community and drop-in programming. Can be converted into 30 badminton courts.

**SOUTH GYMNASIUMS**

Mainly used for volleyball, 12 volleyball courts home to competitive league play, community and drop-in programming.

**FITNESS CENTRE AND INDOOR TRACK**

A 4,000 square foot workout space with state-of-the-art cardio and strength-training equipment, as well as a 200 metre indoor track around the competition gym.

**GYMNASTICS CENTRE**

Olympic standard equipment, spring floor, competitive, community and children’s programming.

**MEETING ROOMS AND LOUNGE**

Classrooms, boardrooms, lounge and seminar rooms with smart technology, wireless connectivity, onsite catering, A/V equipment for conferences, seminars, and classes.

To book a facility for your event please email scrental@ualberta.ca or call 780.492.6835.
WE ARE CURLING

ADULT PROGRAMS

Smart Start
The Saville Community Sports Centre’s Smart Start Program is aimed at adult beginners with a desire to learn the fundamental skills of the game. All equipment is provided. Please come dressed in warm clothing and clean, indoor runners.

Rookie League
The Saville Community Sports Centre’s Rookie League offers each team 8 games, plus a private team lesson. It is recommended that participants take at least one session of Smart Start before registering for Rookie League. Registration for the Rookie League is done on an individual basis.

University League
This recreational league is suitable for open, mixed, ladies, and men’s teams. At least two players must have a valid ONECard. To register, complete the Team Form: www.savillecentre.ca. Interested in the league, but don’t have a team? Contact Karla Ishida: karla.ishida@ualberta.ca

YOUTH PROGRAMS

U9 Curling
U9 Curling is an ideal way for kids to explore their interest in the sport, and to learn its basic skills in the process. These curlers use specially designed half-weight rocks, which are much easier for them to control. This program offers an age-appropriate blend of fun drills and modified games, and is designed to build the basic skills associated with being a thrower, a sweeper, and a skip.

U12 Curling
U12 Curling is a great way for new curlers to explore their interest in the sport, and for returning ones to continue to improve their skills. This program offers an age-appropriate blend of fun drills and simulated games, and is designed to build the basic skills associated with being a thrower, a sweeper, and a skip.

U15 Individual/Team Program
This program is for U15 curlers with aspirations to excel at the U15 level and beyond. Team program applicants must apply as a team with a coach. For more information on this program, please contact Dana Ferguson at danaf@ualberta.ca.

For information on Junior Curling Programs, please visit www.ualberta.ca/sport-system/our-sports
Campus & Community Recreation offers a variety of Lifesaving Standard First Aid and CPR courses. The courses in this guide are available to all to register, however there is the opportunity to deliver First Aid and/or CPR training directly to your group or team. A minimum of eight individuals is required for these courses. Please email Brian Bowers at bebowers@ualberta.ca for further information.

Standard First Aid (16 hours)
This two-day course is Alberta Workplace Health and Safety approved and covers comprehensive treatment techniques to manage most common first aid situations.

Lifesaving Standard First Aid provides comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid such as: medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns and medical emergencies. Lifesaving Standard First Aid includes CPR ‘C’ and AED certification.

<table>
<thead>
<tr>
<th>Days/Time</th>
<th>Date</th>
<th>Class Type</th>
<th>Code</th>
<th>Room</th>
<th>Cost</th>
</tr>
</thead>
</table>
| Sat,Sun 9:00 a.m.-5:00 p.m. | Sep 29-30  | Standard First Aid       | 6265 | Saville Community Sports Centre Classroom #2 2-235 | U of A Student $100
|                 |            |                          |      |                                           | U of A Staff/SCSC Member $120
|                 |            |                          |      |                                           | Public $140                       |
|                 |            | Standard First Aid       | 6267 | Saville Community Sports Centre Classroom #1 2-233 | U of A Student $100
|                 |            |                          |      |                                           | U of A Staff/SCSC Member $120
|                 |            |                          |      |                                           | Public $140                       |
|                 |           | Standard First Aid       | 6268 | Saville Community Sports Centre Classroom #1 2-233 | U of A Student $70
|                 | Nov 4      | Recertification          |      |                                           | U of A Staff/SCSC Member $90
|                 |            |                          |      |                                           | Public $100                       |

Standard First Aid Recertification (8 hours)
After completion of this course participants will have renewed their Standard First Aid Certification and CPR ‘C’ (including AED)

Prerequisites:
- Certification must still be valid at the time of recertification
- Certificate must be presented at both registration and to the instructor at the beginning of class
GROUP FITNESS

Be a joiner! Group fitness classes will keep you consistent with your commitment to exercise. There is a format and an instructor for everybody.

DROP-IN FEES

<table>
<thead>
<tr>
<th>Type of Pass</th>
<th>U of A Student</th>
<th>U of A Staff/SCSC Member</th>
<th>Public</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Pass</td>
<td>$9</td>
<td>$11</td>
<td>$12</td>
</tr>
<tr>
<td>10 class card</td>
<td>$81</td>
<td>$99</td>
<td>$108</td>
</tr>
<tr>
<td>Unlimited Term Pass*</td>
<td>$225</td>
<td>$275</td>
<td>$300</td>
</tr>
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</table>

*Passes valid from September to December, 2018
Drop-in passes valued at an estimated two classes per week

MIND/BODY FITNESS

Strengthen the connection between your soul and your anatomy. Attend these classes to focus inwards and take some time to disconnect from your day to day.

United Yoga Pilates
Experience the best of Vinyasa-inspired yoga and mat Pilates in one fluid class.
- Develop strength, flexibility, proper range of motion and core stability by linking poses together to the gentle rhythm of your breath

LOVE THIS? LOVE INTENTION: STABILITY AND CORE STRENGTH

Groove Flow Yoga
Turn up the music and zone out - yoga with the pulse of the bass. Vinyasa based practice combined with a soundtrack of upbeat and energizing pop music. Great for anybody who always has a tune running through their head.

Hatha
Postures are practiced with attention to the physical and mental experience while in the poses. Ideal for developing self-awareness and body/mind connection, calming the mind and counteracting stress. Suitable for yogis of all abilities and experience levels.

Yoga for the Inflexible
Improve your athletic performance by pinpointing the common limitations of joint range of motion, as well as targeting stabilizing muscles. While the practice is vigorous, it is completely accessible to all levels of fitness.
- Enjoy the freedom of not competing with the bendy, stretchy seasoned yogis

Drop-In Days/Time

<table>
<thead>
<tr>
<th>Days/Time</th>
<th>Dates</th>
<th>Class Type</th>
<th>Code</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 9:00 a.m.-10:00 a.m.</td>
<td>Sep 17-Dec 10 No class Oct 8</td>
<td>United Yoga Pilates 5990</td>
<td>U of A Student $84</td>
<td>Saville Community Sports Centre Activity Room 2-268</td>
<td></td>
</tr>
<tr>
<td>Mon 5:30 p.m.-6:20 p.m.</td>
<td>Sep 17-Dec 3 No class Oct 8</td>
<td>Hatha 6048</td>
<td>U of A Staff/SCSC Member $102</td>
<td>Saville Community Sports Centre Activity Room 2-268</td>
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<tr>
<td>Tue 5:00 p.m.-6:20 p.m.</td>
<td>Sep 18-Dec 11 Yoga for the Inflexible 6050</td>
<td>U of A Student $130</td>
<td>Saville Community Sports Centre Activity Room 2-268</td>
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<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>U of A Staff/SCSC Member $169</td>
<td>Public $182</td>
</tr>
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</table>
OVERALL FITNESS DEVELOPMENT
These classes will maximize your time by training all components of physical fitness.

**Bootcamp**
This is an athletic class that targets all major muscle groups each class to maximize your time. Many different class plans will have you moving and excited to be there while you train intervals, pyramid training and more! Ideal for those who enjoy a less choreographed fitness class.

*LOVE THIS? LOVE FUNCTIONAL TRAINING.*

**Bootcamp-Beginner**
Are you getting back into physical fitness or just starting out? This back-to-basics class will give you the energy and the knowledge to follow the path to wellness!
- All exercises can be modified to suit your ability on that day

**Sculpt**
This total body workout will strengthen and re-shape your legs and abdominals while boosting metabolism for optimum fat torching! Transform the way your body feels, bring beach confidence to everything you do.
- This class may include a cardiovascular component and is safe for all fitness levels

*LOVE THIS? LOVE BOOTCAMP.*

**Silver Strength**
Expect to improve balance, coordination and bone density with this group strength class. The movements practiced promise to make everyday activities safer and easier!
- Appropriate and essential for all ages

**Walking for Fitness**
Join us on the indoor track and improve your fitness in a fun and social environment. Led by knowledgeable instructors, you will learn technical aspects of walking and get individual coaching tips to enhance speed and endurance.
- This class is suitable for all levels of fitness and is open to all levels of walkers, from beginners to power walkers and racewalkers
OVERALL FITNESS DEVELOPMENT

**SPIN**

Ride our Spinner NXT or Real Ryder’s in the energetic and motivating environment created by your instructor! Intensity is self-monitored and no inherent coordination is required making cycling classes ideal for new exercisers and Tri-athletes. Find a leader that can bring you through the sweat to the results.

**LOVE THIS? LOVE CARDIO ROW.**

<table>
<thead>
<tr>
<th>Drop-In Days/Time</th>
<th>Dates</th>
<th>Class Type</th>
<th>Code</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
</table>
| Wed 6:35 p.m.-7:25 p.m. | Sep 19-Dec 12   | Sculpt        | 6111 | Saville Community Sports Centre Activity Room 2-268 | U of A Student $71.50
|                         |                 |               |      |                                | U of A Staff/SCSC Member $84.50
|                         |                 |               |      |                                | Public $91                 |
| Wed 6:30 p.m.-7:50 p.m. | Sep 19-Dec 12   | Walking for Fitness | 5984 | Saville Community Sports Centre Indoor Walking Track | U of A Student $97.50
|                         |                 |               |      |                                | U of A Staff/SCSC Member $110.50
|                         |                 |               |      |                                | Public $136.50              |
| Thu 8:50 a.m.-9:45 a.m. | Sep 20-Dec 13   | Silver Strength | 5986 | Saville Community Sports Centre Activity Room 2-268 | U of A Student $71.50
|                         |                 |               |      |                                | U of A Staff/SCSC Member $84.50
|                         |                 |               |      |                                | Public $91                 |
| Thu 12:05 p.m.-12:55 p.m.| Sep 20-Dec 13   | Sculpt        | 6062 | Saville Community Sports Centre Activity Room 2-268 | U of A Student $71.50
|                         |                 |               |      |                                | U of A Staff/SCSC Member $84.50
|                         |                 |               |      |                                | Public $91                 |
| Thu 6:05 p.m.-6:55 p.m. | Sep 20-Dec 13   | Bootcamp      | 6105 | Saville Community Sports Centre Activity Room 2-268 | U of A Student $71.50
|                         |                 |               |      |                                | U of A Staff/SCSC Member $84.50
|                         |                 |               |      |                                | Public $91                 |

**ZUMBA®**

Interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

**LOVE THIS? LOVE POUND!™**

<table>
<thead>
<tr>
<th>Drop-In Days/Time</th>
<th>Dates</th>
<th>Class Type</th>
<th>Code</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
</table>
| Wed 7:30 p.m.-8:20 p.m. | Sep 19-Dec 12   | Zumba®     | 6057 | Saville Community Sports Centre Activity Room 2-268 | U of A Student $71.50
|                         |                 |            |      |                                | U of A Staff/SCSC Member $84.50
|                         |                 |            |      |                                | Public $91                 |

**Spin Core**

Combine the cardio blast of a SPIN class with core strength, stability, and joint mobility. Cardio and strength combined for a balanced workout.

**LOVE THIS? LOVE ROW HIIT.**

<table>
<thead>
<tr>
<th>Drop-In Days/Time</th>
<th>Dates</th>
<th>Class Type</th>
<th>Code</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
</table>
| Tue 12:05 p.m.-1:00 p.m.| Sep 18-Dec 11   | Spin Core     | 6133 | Saville Community Sports Centre Activity Room 2-268 | U of A Student $71.50
|                         |                 |               |      |                                | U of A Staff/SCSC Member $84.50
|                         |                 |               |      |                                | Public $91                 |
| Wed 5:35 p.m.-6:25 p.m. | Sep 19-Dec 12   | Spin         | 6102 | Saville Community Sports Centre Activity Room 2-268 | U of A Student $71.50
|                         |                 |               |      |                                | U of A Staff/SCSC Member $84.50
|                         |                 |               |      |                                | Public $91                 |
| Thu 7:05 p.m.-7:50 p.m. | Sep 20-Dec 13   | Spin Core    | 6117 | Saville Community Sports Centre Activity Room 2-268 | U of A Student $71.50
|                         |                 |               |      |                                | U of A Staff/SCSC Member $84.50
|                         |                 |               |      |                                | Public $91                 |
| Thu 6:05 p.m.-6:55 p.m. | Sep 22-Dec 15   | No class Oct 6 | Spin Core | Saville Community Sports Centre Activity Room 2-268 | U of A Student $66
|                         |                 |               |      |                                | U of A Staff/SCSC Member $78
|                         |                 |               |      |                                | Public $84                 |
Is it true that University staff and/or Graduate students get free personal training?
Yes! As a staff member or graduate student at the University of Alberta you get two hours of personal training and nutrition services. These services are part of your health benefits! To find out more information call 1.800.663.1142

How do I get started?
Fitness Assessments, Nutrition Services and Personal Training packages can be purchased at our Customer Service Centres. Visit in person or call 780-492-1000.

What if I can’t make my session?
To cancel your personal training session we require the courtesy of 24 hours’ notice so that we can ensure we are able to reschedule your session for your convenience.

I’ve paid my fees and I am ready to get started, what do I do now?
Please allow us up to 5 business days to get you set up with a personal trainer, we want to ensure you are happy and will aim to match you with the most suitable trainer for your needs and goals.

I’d like to take a break from my personal training sessions to train on my own, how long do I have before my sessions expire?
All Nutrition sessions, Individual and Semi-Private Fitness Training sessions expire 1 year after the purchase date. Special considerations may be made on an individual case basis if medical considerations apply.

*Please Note: Refunds will not be granted for any packages or personal training services after second session has been completed

If you are looking for more specific services in the form of assessment and performance training, please contact fitness@ualberta.ca or check out page 44 in the North Campus section.

INDIVIDUAL FITNESS TRAINING AND NUTRITION

INDIVIDUAL FITNESS TRAINING

Semi-Private Fitness Training (2 people)
Two is better than one! Grab your workout buddy and save with semi-private personal training.
• Work toward your goals together with the help of a Certified Personal Trainer
• Customized approach and focus on exercise technique, movement efficiency and effective exercise performance

10 hours U of A Student* $260 / U of A Staff & Monthly member* $310 / Public* $340
20 hours U of A Student* $460 / U of A Staff & Monthly member* $580 / Public* $640

*Price per person

Semi-Private Fitness Training (3-5 People)
No crowd here in semi-private fitness training sessions. Come together and share the benefits of working with a Certified Personal Trainer while engaging in some fun and social physical activity.
• Focus on exercise technique, movement efficiency and effective exercise performance
• Sessions customized to the needs of the group and modified for the individual

10 hours U of A Student* $150 / U of A Staff & Monthly member* $180 / Public* $200
20 hours U of A Student* $270 / U of A Staff & Monthly member* $330 / Public* $360

*Price per person

Personal Training
Get one-on-one attention with a Certified Personal Trainer. Focus on specific exercise techniques to help you achieve your fitness and health goals.
• Sessions are based on the individual’s goals and suitable for all exercise levels
• Customized approach to assessment and program design for continuous results

3 hours U of A Student* $135 / U of A Staff & Monthly Member* $162 / Public* $183
5 hours U of A Student* $225 / U of A Staff & Monthly Member* $270 / Public* $305
10 hours U of A Student* $400 / U of A Staff & Monthly Member* $480 / Public* $540

*Price per person
Get Started Fitness Plan
U of A Student $75 / U of A Staff & Member $90 / Public $100
Whether you are new to fitness training or just coming back from a long hiatus, this session is perfect for getting you back on track.
• In this 90 minute session, a Certified Personal Trainer will help you identify your goals, take you through a basic fitness assessment and get you orientated to our fitness centre

Program Design
U of A Student $142 / U of A Staff & Member $170 / Public $189
Our Certified Personal Trainer will build you a comprehensive and individualized fitness plan that will help support your individual fitness goals.
• 1 hour consultation and assessment
• 90 minute exercise technique and program delivery session

Youth in Action
Public $42
This course will teach youth the safe techniques of exercising in a fitness centre and provide a basic understanding of the importance of physical activity.
• This course includes a 1 hour fitness centre orientation and a 1 month youth membership, set up at the time of completion
• Completion of this course will allow youth ages 12-15 to use the fitness centre without the supervision of an adult 18+
Sportball™ helps children aged 16 months to 5 years develop socially and physically, through lesson plans designed to reinforce self-confidence free from the pressure of competition. In our programs children are provided with a skills-driven, high-energy and fun-filled curriculum.

Sportball™ Junior (Ages 16–24 months)
This course is a perfect introduction to Sportball™. Children and parents participate together in sports, creative games, songs and more. Although these programs focus more on exploration, children are introduced to a different sport each week. Parents are encouraged to participate with their child and challenge them according to their skill level.

Sportball™ Explore Sport (Ages 2–3.5 years)
This course focuses on building skills and playing games in a fun, creative and non-competitive environment. Parents are encouraged to participate with their child and challenge them according to their skill level. Coaches will help them understand teaching techniques that can be applied outside of Sportball™ classes.

Sportball™ Physical Literacy (Ages 3.5–5 years)
Developing physical literacy early in life prepares children for future success in any sport they choose. This course is designed to improve agility, flexibility and endurance while teaching fundamental movement skills in a supportive environment. Coaches will lead your child through developmentally appropriate exercises and cooperative play!

Sportball™ Multi-Sport (Ages 3.5–5 years)
Introduce your preschooler to the concepts and skills involved in the eight core sports of Sportball™ methodology. Coaches reinforce the benefits of teamwork and skill development, enabling children to gain confidence and social skills necessary for success.

<table>
<thead>
<tr>
<th>Days/Time</th>
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<th>Class Type</th>
<th>Code</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wed 9:45 a.m.-10:30 a.m.</strong></td>
<td>Sep 19-Dec 5</td>
<td>Sportball™ Explore Sport</td>
<td>6143</td>
<td>Saville Community Sports Centre Activity Room 2-268</td>
<td>$186</td>
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<tr>
<td><strong>Sun 10:50 a.m.-11:35 a.m.</strong></td>
<td>Sep 16-Dec 9  No class Oct 7, Nov 11</td>
<td>Sportball™ Explore Sport</td>
<td>6142</td>
<td>Saville Community Sports Centre Activity Room 2-268</td>
<td>$170.50</td>
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<td><strong>Sun 11:45 a.m.-12:30 p.m.</strong></td>
<td>Sep 16-Dec 9  No class Oct 7, Nov 11</td>
<td>Sportball™ Junior</td>
<td>6136</td>
<td>Saville Community Sports Centre Activity Room 2-268</td>
<td>$170.50</td>
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<tr>
<td><strong>Wed 9:00 a.m.-9:45 a.m.</strong></td>
<td>Sep 19-Dec 5</td>
<td>Sportball™ Junior</td>
<td>6138</td>
<td>Saville Community Sports Centre Activity Room 2-268</td>
<td>$186</td>
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<tr>
<td><strong>Sun 9:55 a.m.-10:40 a.m.</strong></td>
<td>Sep 16-Dec 9  No class Oct 7, Nov 11</td>
<td>Sportball™ Multi Sport</td>
<td>6139</td>
<td>Saville Community Sports Centre Activity Room 2-268</td>
<td>$170.50</td>
</tr>
<tr>
<td><strong>Sun 3:05 p.m.-4:00 p.m.</strong></td>
<td>Sep 16-Dec 9  No class Oct 7, Nov 11</td>
<td>Sportball™ Physical Literacy</td>
<td>6135</td>
<td>Saville Community Sports Centre Activity Room 2-268</td>
<td>$170.50</td>
</tr>
</tbody>
</table>
MY MIND
- **DAILY REFLECTIONS** – Reflecting on your daily actions can help you learn where you are and will help you get to where you want to be.

- **GOAL SETTING & TRACKING** – Set and keep track of your short term and long term goals, all on your terms.

MY NUTRITION
- **CUSTOM MEAL PLANS** – We create your very own nutritionist-approved meal plan or create one for yourself with perfect portions every time.

- **GROCERY LISTS** – After we’ve perfected your meal plan, get exactly what you need with your customized grocery list.

MY FITNESS
- **YOGA & MEDITATION PRACTICES** – Unwind and loosen up with one of our unique practices.

- **ON-DEMAND WORKOUTS** – Anywhere you have your device, move your body with our on-demand workouts. Powered by U of A Campus & Community Recreation.

In partnership with UNIVERSITY OF ALBERTA CAMPUS & COMMUNITY RECREATION