

THE LIVING ROOM & THE DSB STUDENT LIFE CENTRE

WE WILL BE CLOSED
From April 9th to
September 4th, 2018
Follow us on Social
Media, email or call...

campus.recreation@rdc.ab.ca

403.343.4067

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STUDENT AMBASSADOR LEADERSHIP PROGRAM
IS PROUDLY SPONSORED BY



RBC Foundation

For inquiries please
email or call...

ambassadors@rdc.ab.ca

403.343.4095

Inquire how to become a Student Leader and help make a better RDC!

- Build Leadership Skills
- Volunteer Opportunities
- Grow Your Resume
- Networking Opportunities

For all Fitness inquiries
please email or call...

trina.carroll@rdc.ab.ca

403.343.4098

[Register online today!](#)

SPRING 2018 FITNESS & WELLNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
May 14 - June 18 (No Class May 21st)	May 15 - June 19	May 16 - June 20	May 17 - June 21
<i>Restorative Yin & Yoga Nidra</i> 12:00-1:00	<i>Jazzercise</i> 12:00-1:00	<i>Warming Vinyasa Flow</i> 12:00-1:00	<i>Hatha Yoga</i> 12:00-1:00
NOTE: ALL CLASSES WILL TAKE PLACE IN THE KS STUDIO, 2004	<i>Cardio Kickboxing</i> 4:45-5:45	<i>Yoga Flow</i> 4:30-6:00	<i>HIIT Bootcamp</i> 4:45-5:45

RESTORATIVE YIN & YOGA NIDRA

5 Classes (Monday)

with ANOMI BEARDEN

Strengthen the mind-body relationship for self-care & healing. Yin yoga is a restorative, meditative practice in which postures/stretchers are held for longer periods of time with loving awareness & breath in order to release stress & tension holding patterns. Yoga Nidra "the sleep of the yogis" is a restorative healing which allows for exploration of body, mind, & emotions in a non-reactive way in order to cultivate equanimity (which affords more freedom from suffering). The class will include yin yoga & yoga nidra practices.

Students | Staff | Alumni: \$30.00

Community: \$40.00

JAZZERCISE

6 Classes (Tuesday)

with TANYA RUNDLE

Jazzercise is a pulse pounding, beat pumping fitness program that gets you results... Fast. It's a calorie-torching, hip-swiveling, Shakira'd-be-proud Dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Incinerate up to 800cals in one 60 minute class. Our classes - Strike, Fusion, Core, Strength and Dance Mixx - will leave you breathless, toned and coming back for more. So stop working out. Start working it... with Jazzercise.

Students | Staff | Alumni: \$35.00

Community: \$45.00

CARDIO KICKBOXING

6 Classes (Tuesday)

with ABSOLUTE FITNESS

Cardio kickboxing combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. You will build stamina, strength, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. Great for all fitness levels.

Students | Staff | Alumni: \$35.00

Community: \$45.00

WARMING VINIYASA

6 Classes (Wednesday)

with ANOMI BEARDEN

Vinyasa is breath synchronized movement. Learn to "go with the flow" as you connect breath with movement in a sequence of postures that will burn calories while building attention, physical strength, and flexibility. All levels welcome.

Students | Staff | Alumni: \$35.00

Community: \$45.00

YOGA FLOW

6 Classes (Wednesday)

with SHARON HAMILTON

This class will provide an introduction to the breathing, postures and sequence of Vinyasa. As the course progresses we will develop a dynamic series of postures intended to increase overall strength, flexibility and concentration.

Students | Staff | Alumni: \$45.00

Community: \$55.00

HATHA YOGA

6 Classes (Thursday)

with JILL KUZINA

A nice balance of stretch, strength, stability, and stress-busting relaxation! Re-start your day in the middle of the day!

Students | Staff | Alumni: \$35.00

Community: \$45.00

HIIT BOOTCAMP

6 Classes (Thursday)

with ABSOLUTE FITNESS

Bootcamps focus on rapid fat loss in a safe, fun and motivating atmosphere. Bootcamps move quick giving you an intense full body workout in a short amount of time. All fitness levels are welcome.

Students | Staff | Alumni: \$35.00

Community: \$45.00