



## Registration

Registration begins on Wednesday, December 14th



**IN PERSON** at the Sally Borden Building

**BY PHONE** at 403-762-6450.

Please have a credit card number ready.



**BY FAX** at 403-762-6218

Note: Registration is on a first come, first served basis. Registration and cancellation deadline is one week prior to course starting date or as stated with course.

### Hours of Operation

6 am – 10 pm Monday to Friday

7 am – 10 pm Saturday/Sunday

Recreation Desk: 403-762-6450

### Facilities include

- Fitness Centre
- Gymnasium
- Running Track
- Squash Court
- Physiotherapy
- Climbing Gym
- 25 m Pool
- Steam Rooms
- Massage
- Jacuzzi

**Refund Policy:** You may withdraw at least one week prior to the course start date and receive a full refund or credit. If you withdraw within one week and prior to 72 hours before the course start date, you will receive a full credit or refund equal to 50% of the course fee. No refunds or credits will be given if the withdrawal is within 72 hours of the course start date.

[www.banffcentre.ca/sbb/](http://www.banffcentre.ca/sbb/)

## FITNESS

All classes will be held in the SBB Gymnasium unless otherwise noted.

### NEW! Metabolic Conditioning

Get ready to push your limits and burn some serious calories in this intense class comprised of cardio intervals and endurance strength training. The high rep/low weight style of strength training will increase your metabolic rate, improve your core strength while toning your entire body. Combined with high intensity interval training (HIIT) you will achieve all of your goals in this class...whether it be to improve your cardiovascular health, lose weight, increase your energy levels, tone up your body or simply to have fun!

**\$80 + GST**

**#4914 8 Mon Jan 16 – Mar 12 (No Class Feb 6) 7:30 – 8:30pm**

Inst: Fiona Quiggan, Can-Fit-Pro Certified

### Boot Camp

This whole body workout will include cardio, strength and unique core training! If you're looking for something to see results, keep you motivated and challenged, boot camp is for you! This high calorie burning workout will guarantee you a great workout each and every class!

**\$99 + GST**

**#4912 10 Thurs Jan 26 – Mar 29 5:05 – 6:05pm**

Inst: Christa Chasse, AFLCA Certified

### Armed & Dangerous

Welcome to this no-nonsense complete upper body toning and sculpting workout. If you are feeling you aren't getting enough upper body exercise, and need some motivation, along with a fun relaxed atmosphere to workout in, this will be the class for you. All upper body areas will be challenged, including arms, chest, back and core using a variety of equipment.

**\$45 + GST**

**#4915 6 Wed Feb 1 – Mar 7 7:45 – 8:30am**

Inst: Ida Reaume, AFLCA Certified

### Circuit Training Camp

Circuit training uses a combination of high intensity aerobics and resistance training with short rest periods, while moving quickly from 1 circuit station to the next for the maximum workout. This class will work all areas of the body improving mobility, strength and stamina. Join Ida for this easy to follow workout, targeting fat loss, muscle building and cardio fitness.

**\$60 + GST**

**#4911 6 Sun Feb 19-Mar 25**

**9:45 – 10:45am**

Inst: Ida Reaume, AFLCA Certified

## DANCE – ZUMBA

Note: The instructor for all Zumba classes is Maria Guilhon, Zumba® ZIN Member & Instructor. All classes take place in the Sally Borden Gymnasium.

### Zumba!

Zumba® is a Latin-inspired, dance-fitness class combining fast and slow rhythms with cardio and muscle-toning benefits. Dance to Merengue, Salsa, Cumbia, Reggaeton, Hip Hop and more. Dancers & non-dancers alike immediately and easily master a Zumba® class. It's fun! Let loose, rock out, have a blast and burn calories. Zumba® is "Exercise in Disguise".

**\$99 + GST**

**#4855 10 Thurs Feb 2 – Apr 5**

**7:30 – 8:30pm**

### Zumba Toning® Moving the World To A New Beat

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.

**\$120 + GST**

**#4856 10 Tues Jan 31 – Apr 3**

**8:30 – 9:30pm**



## Zumbatomic® for Kids

Designed exclusively for kids (ages 4-12), Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effect it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination.

**For 4 - 7 year olds:**

<b>\$40</b>				
<b>#4859</b>	<b>6 Thurs</b>	<b>Feb 2 – Mar 8</b>		<b>3:30 – 4pm</b>
<b>#4860</b>	<b>6 Thurs</b>	<b>Mar 15 – Apr 19</b>		<b>3:30 – 4pm</b>

**For 8 – 12 year olds:**

<b>\$45</b>				
<b>#4925</b>	<b>6 Thurs</b>	<b>Feb 2 – Mar 8</b>		
<b>#4926</b>	<b>6 Thurs</b>	<b>Mar 15 – Apr 19</b>		<b>4 – 4:45pm</b>

## PRE & POST NATAL FITNESS

Please stay tuned for the spring calendar. Pre & Post-natal fitness classes will not be offered in the winter session but will return in April.

## INDOOR CYCLING

### SPIN AT THE SALLY-B

All classes will be offered in the Sally Borden Gymnasium. A water bottle, towel and padded bike shorts are recommended for your comfort. Space is limited to 11 riders per class so sign up soon to avoid disappointment!

#### Spin Express

Join Jane for a high-energy after-work spin class. Be prepared to sweat!

<b>\$95 + GST</b>				
<b>#4881</b>	<b>8 Mon</b>	<b>Jan 16 – Mar 12 (No Class Feb 20)</b>		<b>5 – 6pm</b>
Inst: Jane MacDonald, AFLCA Certified				

#### Morning Spin & Core

Class will begin with a 30-40 minute spin followed by core conditioning. Start off your morning with a balanced workout to build your aerobic fitness then strengthen your core.

<b>\$95 + GST</b>				
<b>#4887</b>	<b>8 Tue</b>	<b>Jan 17 – Mar 6</b>		<b>7:15 – 8:15am</b>
Inst: Jane MacDonald, AFLCA Certified				

#### Yoga-Spin

It's back! This 75-minute class will start with a cardio workout on the bike to get the heart rate up followed by a relaxing yoga session to stretch those muscles and work on core conditioning. Both sessions will be taught by Mystee Masonet, Yoga Instructor & AFLCA Certified.

<b>\$110 + GST</b>				
<b>#4913</b>	<b>8 Tues</b>	<b>Jan 17 – Mar 6</b>		<b>4:45 – 6pm</b>
Inst: Mystee Masonet, AFLCA Certified				

#### Spin RPM

A workout for anyone looking to work a variety of energy systems to the rhythm of motivating music. Ride a variety of terrain including speed-focused flats, power-training intervals and calorie-burning climbs up mountain peaks. A class for all levels of riders - come out and discover your inner athlete and enjoy a fun, motivating ride.

<b>\$120 + GST</b>				
<b>#4884</b>	<b>10 Tues</b>	<b>Jan 10 - Mar 20 (no class Jan 31)</b>		<b>7:20 – 8:20pm</b>
Inst: Lauren Moore, AFLCA Certified				

#### Early Bird Spin

Kick start your day with an energizing 60-min spin. Join Ida for a high-intensity morning workout.

<b>\$95 + GST</b>				
<b>#4883</b>	<b>8 Wed</b>	<b>Feb 1 – Mar 21</b>		<b>6:30 – 7:30am</b>
Inst: Ida Reaume, AFLCA Certified				

#### Endurance Ride

If you're looking for a longer workout to maintain your riding fitness - join this 75-minute class. Using a variety of drills and training methods this endurance ride will help you to maintain your strength, power and speed.

<b>\$110 + GST</b>				
<b>#4894</b>	<b>8 Wed</b>	<b>Jan 18 – Mar 14 (No class Feb 22)</b>		<b>5:15 – 6:30pm</b>
Inst: Jeannette Earl, CSEP – CPT and Certified Spin Instructor				

#### Morning Rush Hour

On a tight schedule but still trying to squeeze your morning workout in? Get your day started with 60 minutes of heart-pumping cardio on the bike!

<b>\$95 + GST</b>				
<b>#4892</b>	<b>8 Thurs</b>	<b>Jan 19 – Mar 8</b>		<b>7 – 8am</b>
Inst: Nancy Barnes, BScN, Spin Certified				

#### Friday Night Ride

If you like to ride and go a little longer - join this 1.5hr class. Using a variety of drills and training methods this endurance ride will help you to maintain your strength, power and speed.

<b>\$125 + GST</b>				
<b>#4896 (participants requiring spin bike)</b>				
<b>#4898 (participants bringing own bike and trainer)</b>				
<b>8 Fri</b>		<b>Jan 20 – Mar 16 (no class Feb 24)</b>		<b>6:15 – 7:45pm</b>
Inst: Jeannette Earl, CSEP – CPT and Certified Spin Instructor				

#### Spin & Strength

Start your weekend with 45 minutes of high intensity spin followed by a full body conditioning workout. Inspiration for this class will be exercises used in boxing and other fighting disciplines to challenge every muscle in your body. If you are looking for a killer workout to push your limits, this is the class for you.

<b>\$125 + GST</b>				
<b>#4888</b>	<b>8 Sat</b>	<b>Jan 14 – Mar 10 (No class Feb 18)</b>		<b>10 – 11:30am</b>
Inst: Jane Macdonald, AFLCA Certified				



### Rise, Shine & Sweat

Welcome to this high intensity, low- impact workout that combines cardio and strength drills on the indoor spin bikes. Make sure to bring a towel and water – you will need them! Class will finish with an opening and fulfilling stretch using the foam roller.

**\$75 + GST**

**#4893 6 Sun Feb 19 – Mar 25**

**8:30 – 9:30am**

Instr: Ida Reaume, AFLCA Certified

**In addition to community course programming, the Sally Borden Fitness and Recreation also offers drop in classes Monday to Friday, available to both members and non-members. Classes include Yoga, Strength & Conditioning and Boot Camp.**

**Check out the schedule at:**

<http://www.banffcentre.ca/sbb/classes/dropin.asp>

### OUTDOOR PURSUITS

#### Intro to Cross Country Skiing

Learn to X-country Ski! You will learn the basic movements and practice balance techniques in the beautiful mountain setting of Banff or Lake Louise. These 2.5hr courses (on snow) will be on easy terrain allowing you to learn and practice drills that will start you off on the right ski! Become confident with your skiing and familiar with the many track set trails in the area. Transportation and equipment included.

**\$50 + GST (Per Day) Meet in the SBB Lobby**

**Sun Jan 15 & 29, Feb 12 & 26, Mar 11 & 25**

**11am – 4pm**

Instr: JoAnne Hatalcik, CANSI Level 1 Certified

#### Snowshoeing

You will be guided into a winter wonderland that might be a distant childhood memory or something that you have never experienced. Snowshoeing is easy, fun and can be enjoyed by all fitness levels. No talent required - if you can walk, you can snowshoe! You will feel like an early explorer or trapper as you leave your very own tracks in the fresh snow. Transportation and equipment included.

**\$60 + GST (Per Day) Meet in the SBB Lobby**

**Sun Jan 8 & 22, Feb 5 & 19, Mar 4 & 18**

**11am – 3pm**

Instr: Eva & Paul Sylvestre - Nature in Focus, ACMG & IGA Certified Guides



### ADULT AQUATICS

For information on our Youth Aquatics, please contact the Recreation Desk at 403-762-6450 or look online at [www.banffcentre.ca/sbb/classes](http://www.banffcentre.ca/sbb/classes). All classes take place in the Sally Borden Pool.

#### Morning Masters

Start your day off with a challenging workout in the pool. These classes are for individuals who have some knowledge of all four strokes and are interested in improving their technique as well as endurance.

**\$42 + GST**

**# 4798 6 Mon Jan 9 – Feb 13**

**8:30 – 9:30am**

Instr: Kerri Dance

**\$28+ GST**

**# 4802 4 Mon Feb 27 – Mar 19**

**8:30 – 9:30am**

Instr: Kerri Dance

**\$42 + GST**

**# 4800 6 Wed Jan 11 – Feb 15**

**7 – 8am**

Instr: Carol Trow

**\$35 + GST**

**# 4801 5 Wed Feb 22 – Mar 21**

**7 – 8am**

Instr: Carol Trow

#### Laps Skills & Drills

Looking for an aquatic workout, but not quite ready for a master's class? This will be a challenging 1 hour workout that will focus on endurance and technique to help you reach your personal swimming goals.

**\$42 + GST**

**# 4807 6 Thurs Jan 12 – Feb 16**

**7:45 – 8:45am**

Instr: Kerri Dance

**\$28+ GST**

**# 4846 4 Thurs Mar 1 – Mar 22**

**7:45 – 8:45am**

Instr: Kerri Dance

#### Red Cross Swim Basics

This course is designed to help adults who may be uncomfortable or nervous in the water to develop comfort through the attainment of basic flotation, movement and breathing skills. If you have always wanted to be a swimmer but have never taken lessons before then this course will help you by starting at the very beginning.

**\$40+ GST**

**# 4826 4 Fri Jan 13 – Feb 3**

**5:15 – 6pm**

Instr: TBA

#### Red Cross Swim Strokes

If you are an adult who wants to get past the dog paddle stage of your swimming experience then this course is for you. It is designed to develop one or more swimming strokes, working towards proficiency and increase endurance.

**\$40+ GST**

**# 4827 4 Fri Feb 10 – Mar 2**

**5:15 – 6pm**



## Aqua-Fit

Wanna wet workout? Get your heart pumping and your muscles toned while moving to great music! We'll use some tried and true techniques with fabulous music to get you moving and fitter each week.

**\$100 + GST**

**# 4844 10 Wed Jan 11 – Mar 21 (no class on Feb 1) 5 – 6pm**

Instr: Monica Zyla, AFLCA Certified

**\$110 + GST**

**# 4843 11 Fri Jan 13 – Mar 23 10 – 11am**

Instr: Julie Fournier, AFLCA Certified

## THE BANFF CENTRE CLIMBING GYM

At Sally Borden Fitness and Recreation.

For information, please call 403-762-7545.

Note: Adult Programs are for ages 16 yrs & up and will take place in the Sally Borden Climbing Gym. Participants who are 16 – 17 yrs old must have a waiver signed by their parent to participate. For information on our Youth Climbing programs, please contact the Recreation Desk at 403-762-6450 or look online at [www.banffcentre.ca/sbb/classes](http://www.banffcentre.ca/sbb/classes)

### A Taste of Climbing

Designed for the complete beginner to give indoor climbing a try, an instructor will take care of all the safety aspects while all you need to focus on is having fun climbing the walls!

**\$10 + GST**

**Wed 6:15 – 7:15pm OR Sat 7 – 8pm**

### Learning the Ropes – Top Rope

This introductory course is for adults who are interested in learning proper usage of personal climbing equipment and the basics of climbing communication. After completion of this 2 hour course, you and a partner will be able to use the ropes without the supervision of an instructor!

**\$30 + GST**

**Mon 7 – 9pm**

### Learning the Ropes – Lead Climbing

Step it up a notch and learn how to lead climb! In this course, you will learn the safety principles of lead belaying and climbing so that you can venture into a new realm of climbing. Must pass a top-rope belay test prior to registration and climb most top ropes routes in the gym comfortably.

**\$45 + GST**

**#4787 Sun Jan 29 2 – 5pm**

**#4788 Sun Feb 26 2 – 5pm**

**#4789 Sun Mar 25 2 – 5pm**



### Indoor Climbing Series I

Learn the fundamental skills of indoor climbing. Each week our qualified and friendly staff will lead you through a different topic including top rope climbing, bouldering, how to move efficiently on the wall and rappelling. Upon completion of this program you will have the skills and confidence to enjoy the sport of indoor climbing. All equipment provided.

**\$60 + GST**

**#4790 3 Tue Jan 17 - 31 7:30 – 9:30pm**

**#4899 3 Tue Feb 14 - 28 7:30 – 9:30pm**

**#4792 3 Tue Mar 13 - 27 7:30 – 9:30pm**

### Indoor Climbing Series II

Continue your climbing progression on topics covered in the first series and cover the world of indoor sport (lead) climbing, intermediate movement techniques and rappelling/ascending. Sample topics include proper clipping, lead belaying, how to fall safely, back-steps, rotating grips, twist locks, deadpoints, balance, training fundamentals and various rappel/ascending methods. All equipment provided.

**\$60 + GST**

**#4793 3 Fri Jan 13 - 27 7:30 – 9:30pm**

**#4794 3 Fri Feb 10 - 24 7:30 – 9:30pm**

**#4795 3 Fri Mar 16 - 30 7:30 – 9:30pm**

### Performance Training Program

Combining fitness principles with specific on-the-wall training, this program is ideal for the climber preparing for the upcoming outdoor season. This progressive program deals with topics including footwork, body positions and balance, resistance training, flexibility, and climbing drills. Participants must have passed the top-rope belay test; it will be an asset, but not necessary, if you can lead climb and belay.

**\$100 + GST**

**#4796 6 Thu Jan 12 – Feb 16 7:30 – 9:30pm**

**#4797 6 Thu Mar 8 – Apr 12 7:30 – 9:30pm**

## PUBLIC SWIM

Public swim is offered from Monday to Friday from 6-8pm and on weekends from 1-8pm. Please call the Recreation Desk for up-to-date information on hours & holiday times.

## CHILDREN'S & YOUTH SWIM CLASSES

For information on our Children & Youth programs including aquatics, climbing & the APAK Program (Active Parents, Active Kids) please contact the Recreation Desk at 403-762-6450 or look online at [www.banffcentre.ca/sbb/classes](http://www.banffcentre.ca/sbb/classes). The Sally Borden will also have a printed brochure available for pick-up.



Scan our QR code to go directly to our website on your mobile device!



## CERAMICS

### Introduction to Ceramics

Learn hand building and wheel throwing processes with a focus on a variety of techniques and aesthetics. Pieces made during class will be glazed and fired at the end of the session. Appropriate for people new to ceramics or those who wish to diversify their clay forming processes.

**\$250 + GST, plus \$20 for tools if needed.**

**(Includes one box of 45lbs clay, glazing and firing fees)**

**#4863 Glyde Hall, Studio 210**

**6 Wed Feb 29 – Apr 12 (no class Mar 7)**

**7 – 10pm**

Inst: Ciara-Jayne Hossack

### Intermediate Ceramics

For students who have already taken a course or have had previous wheel throwing or hand building experience, this is a great opportunity to build on your skill set and learn some new techniques. With an introduction to studio ceramics, students will participate in making glazes and firing the kiln at the end of the session.

**\$250 + GST, plus \$20 for tools if needed.**

**(Includes one box of 45lbs clay and glazing and firing fees) Glyde Hall,**

**#4864 Glyde Hall, Studio 2106**

**Mon Feb 27 – Apr 12 (no class Apr 9)**

**7 – 10pm**

Inst: Ciara-Jayne Hossack

### Ceramics Adult Classes Note:

**Optional extra studio time is available on  
Thursdays from 7-10pm.**

**This is a non-instructional opportunity to practise  
the skills learned on the class night and work on  
individual projects.**



### Clay for Kids

Creative, fun investigation with clay for kids 5-12 years old. Activities to liberate creative energy and imagination will be integrated into tangible products.

**\$125 (includes material cost & firing)**

**#4865 (5-8yrs) Glyde Hall, Studio 210**

**5 Tues Feb 28 – Mar 27**

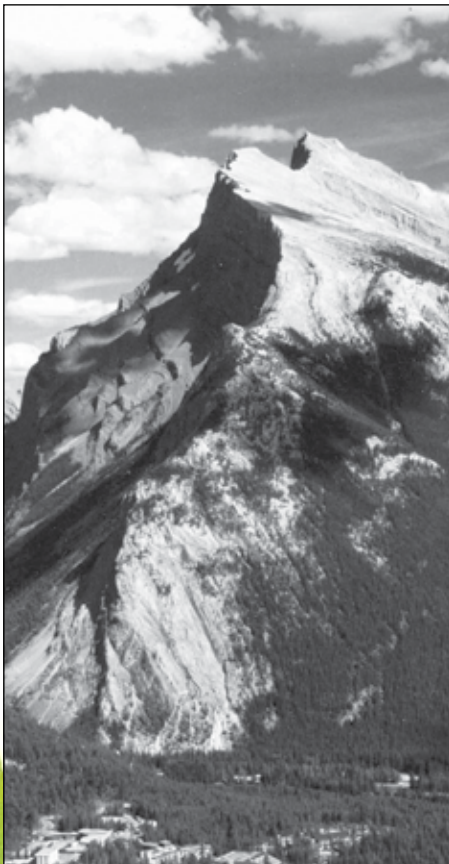
**4 – 6pm**

**#4866 (9-12yrs)**

**5 Tues Feb 28 – Mar 27**

**6 – 8pm**

Inst: Marzena Pustelnik



## THE BANFF CENTRE

# Arts Programs

The Banff Centre offers short, intensive arts programs and workshops in photography, filmmaking, improvisation, performing arts, and more. Intended for both emerging and established artists, these programs are instructed by leading faculty in their field and offer:

- Training in a specific topic, skill, or discipline;
- Access to The Banff Centre's facilities;
- Open registration process (with workshop only fee for locals)
- Group sessions, master classes, one-on-one mentoring, critiques, and more

### For more information:

403.762.6180

[www.banffcentre.ca/programs](http://www.banffcentre.ca/programs)

