[breathehotyoga.ca](http://breathehotyoga.ca/" \t "_blank)

[soulhotyoga.com](http://soulhotyoga.com/)

[yyc-cycle.com](http://yyc-cycle.com/)

[hot-shop.ca](http://hot-shop.ca/)

[heartfit.ca](http://heartfit.ca/)

[ascensioncalgary.com](http://ascensioncalgary.com/)

[solosportsystems.com](http://solosportsystems.com/)

[stridesrunning.com](http://stridesrunning.com/)

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| --- | --- | --- |
| Company | Descriptor | Logo |
| Breathe Hot Yoga | Breathe Hot Yoga has several locations in Calgary and is one of Calgary’s premiere yoga studios. We love them because they’ve got yoga for beginners, for expert yogi’s, and even kids! | yes |
| Soul Studios | With a wide range of classes from spin, barre, yoga, and TRX you’re bound to find something you’ll enjoy doing at Soul Studios in Calgary. | yes |
| YYC Cycle – Spin Studio | For everything spin they are the experts. They are a motivational team that provides a truly unique workout experience. | yes |
| HotShop | With three locations in Calgary, this studio provides yoga for core power, for all important alignment, and the ever challenging spin-flow classes combining yoga and spin. | yes |
| HeartFit | The leaders in cardiac health, the HeartFit clinic helps you understand your risk and improve your heart. | yes |
| Ascension Calgary | Ascension training caters to those looking for a different way to train. The facility offers an upscale look, rainfall showers, steam rooms, and coaching that fits your individual needs. | yes |
| Solo Sport Systems | They are lifestyle and performance trainers at Solo. A comprehensive coaching staff and community of athletes that will help you achieve your fitness goals. | yes |
| Strides Running Store | Strides Running Store is a place where people interested in running, walking and fitness can find the right products, services advice to suit their individual needs. | Yes |
| 9 Round Willow Park (<https://www.9round.com/fitness/Calgary-ab-x2235>) | A hard-core workout at 9Round in Willow Park is both fun and challenging. It’s a full-body workout that fast and effective. | yes |
| Jusu Bar (www.jusubar.com) | 100% cold-pressed juices that are organic, tasty, and healthy. They offer online ordering and tailored juice cleanses. | yes |
| Pure Cycle | ? is this the same as cycle Calgary? |  |
| Core Spin Club ([www.corespinclub.ca](http://www.corespinclub.ca)) | Whether you’re a first time spinner or long time enthusiast this club is a great choice. Their classes focus on whole body fitness and they even provide weekly take home workouts. |  |