

# ACTIVE OLDER ADULT DROP IN SCHEDULE

SPRING 2016 APR 3 – JUL 2

## FACILITY HOURS ON STATUTORY HOLIDAYS (8AM – 8PM)

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7AM-9PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7AM-9PM
FITNESS CENTRE	7AM-9PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7AM-9PM
OPEN GYM		4-5:45PM	4-6PM		12-5PM	10-11:30AM 4-6PM	4-9PM
OPEN TURF	2-3:45PM	5-6:45PM	5-6:45PM	5-6:45PM	1:30-6:45PM	5-7PM	4-6:45PM

## DROP-IN DRY LAND SCHEDULE

ACTIVITY & ROOM	SUN	MON	TUE	WED	THU	FRI	SAT
NIA (S1)					7-8PM		
WALKING FOR HEALTH (FT)		6:30-7:30PM					9:15-10:15AM
YOGA	11:30AM-12:30PM (S2)	12-1PM (S2) 7:45-8:45PM (S1)		9:30-10:30AM (S2) 6:55-7:55PM (S2)	9:15-10:15AM (S1)		
YOGA PLUS							9-10:15AM (S2)
YOGA GENTLE (S2)		1:15-2:15PM					
YOGA YIN (S2)						1:15-2:15PM	
AQUATIC:							
LANE SWIM	7AM-9AM 2L	6AM-10PM 2L	6AM-10PM 2L	6AM-10PM 2L	6AM-10PM 2L	6AM-10PM 2L	7AM-9AM 2L
SHALLOW WATER AQUAFIT	9-10AM	11AM-12PM 5-6PM		11AM-12PM 5-6PM		11AM-12PM 5-6PM	
HOT TUB & STEAM	7AM-9PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7AM-9PM

- Schedule subject to change. Please visit [www.edmonton.ca/RecCentreNotifications](http://www.edmonton.ca/RecCentreNotifications) for updates on closures and cancellations.
- Proper exercise wear is required to participate. Please arrive at least 5 minutes before the class begins to avoid disruption.
- No drop-in classes on statutory holidays
- Please note during school breaks, (Teacher's Convention, Spring Break and Christmas break) gym, field house, and arena schedules may vary, please visit our live schedules at [www.Edmonton.ca/commonwealth](http://www.Edmonton.ca/commonwealth).

Visit [www.edmonton.ca/findyourfit](http://www.edmonton.ca/findyourfit) for weekly drop-in schedules

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## ACTIVITY/ROOM DESCRIPTIONS

FC: Fitness Centre      S1: Studio 1      FT: Fieldhouse Track      AQ: Aquatic Area  
MP: Multi Purpose Room      S2: Studio 2      GYM: Gymnasium  
SR: Stretching Area      S3: Studio 3      FH: Fieldhouse (SE Quarter)

ACTIVITY DESCRIPTIONS	
NIA	Move, breathe, dance! NIA is a path to conditioning and expressing yourself through movement. This is a dynamic blend of dance and martial arts. NIA is safe and adaptable to virtually any fitness level.
WALKING FOR HEALTH	Take a walk around the track with an experienced instructor. The use of light weights and other exercises may be used. In good weather, this class may go outside.
YOGA	Achieve a heightened level of body awareness, strength and flexibility. This yoga class is specifically designed to incorporate all levels of Yoga – everyone welcome! Yoga mats are not provided.
YOGA PLUS	Enjoy all of your favorite Yoga poses and movements with extra time for added focus on flexibility and body awareness. This class is 75 minutes in length. Yoga mats are not provided.
YOGA – GENTLE	A low intensity yoga which is ideal for beginners who want to learn more about yoga and work on flexibility. Yoga mats are not provided. Yoga mats are not provided.
YOGA - YIN	Explore gentle yoga poses coupled with an introduction to the popular style of Yin Yoga. This slow paced style of yoga focuses on the body's connective tissues; bones, ligaments and tendons, to increase circulation in the joints and improve overall flexibility. Suitable for all levels. Yoga mats are not provided.
<i>For Fitness Services including fitness consultations and personal training, please enquire with staff in the fitness centre.</i>	
AQUATIC:	
<u>Lane Swim:</u>	ALL AGES WELCOME. A fitness oriented swim with lanes committed to swimming laps.
<u>Shallow Water Aquafit:</u>	Get fit! Aquafit is a fun and energetic aerobic exercise class that uses the water for resistance. Low to zero impact is easy on bones and joints. A one-hour class set to music and taught by certified instructors. Work at your own pace, no swimming skills required.

Revised: March 18, 2016