

ADULT/FAMILY/YOUTH DROP IN SCHEDULE SUMMER 2016 JUL 3 – SEP 3

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

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK/ FITNESS CENTRE	7AM-9PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7AM-9PM
KID'S DEN (0 – 11YR)							8:30AM-12:30PM
OPEN GYM		12-5:45PM	12-6PM	12-4:30PM	12-5PM	12-7:45PM	3-9PM
OPEN TURF (FH)	2-3:45PM	4-6:45PM	4-6:45PM	4-6:45PM	4-6:45PM	1:30-6:45PM	4-6:45PM
DROP-IN BADMINTON (GYM)	6-9PM		6AM-9AM	7-8:30PM	6AM-9AM		
DROP-IN BASKETBALL (GYM)	12-3:45PM		6-7:45PM		5-7:45PM		

DROP-IN DRY LAND SCHEDULE

All classes are for participants 13 years old and up

ACTIVITY & ROOM	SUN	MON	TUE	WED	THU	FRI	SAT
BOLLY – D BOLLYROBICS (S2)						10:45-11:45AM	
CIRCUIT TRAINING						6-7PM (S2)	
CORE EXPRESS (S1)		7:10-7:30PM	10:30-10:50AM	7-7:20PM	10:05-10:25 (S2)		
HIIT EXPRESS (S2)			6-6:45PM		9:15-10AM		
JOGA (S2)					12:15-1PM		
NIA (S1)					7-8PM		
SPIN (MPR 5)		6-7PM	6-7PM		6:30-7:30PM		9:45-10:45AM
STAIR CLIMBER		7-8PM	6:15-7AM	7-8PM	12:15-12:45PM 6:15-7AM	7:15-8:15PM	
STROLLERCIZE (FT/S2)					10:30-11:30AM		
TABATA INTERVAL TRAINING (GYM)		6-6:45PM		6-6:45PM			
TOTAL BODY BARRE (S2)			7:00-7:45PM				
TB STRENGTH (S2)						9:30-10:30AM	10:45-11:45AM
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)		9-10:15AM (Plus) (S2)
YOGA – GENTLE (S2)		1:15-2:15PM					
YOGA – FLOW (S1)		7:45-8:45PM					
YOGA – YIN (S2)						1:15-2:15PM	
YOGA PILATES FUSION (S2)			12-1PM			12-1PM	
WALKING FOR HEALTH (FT)		6:30-7:30PM					9:15-10:15AM
ZUMBA	10-11AM (S2)	6-7PM (S2) 7:15-8:15PM (S2)		10:45-11:45AM (S2) 5:45-6:45PM (S2)	6-7PM (S2)		

- Schedule subject to change. Please visit www.edmonton.ca/ for live schedules, 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 Instructor led drop-in classes on statutory holidays.
- For fitness services including fitness consultations and personal training please enquire with staff in the fitness centre.

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ACTIVITY DESCRIPTIONS

BOLLY – D BOLLYROBICS	This workout is inspired by the sounds of India with a fusion of classical and contemporary movements. This class will provide cardio, muscle toning, and stretching components.
CIRCUIT TRAINING	Interval training combining a variety of cardio, free weight and bodyweight exercises. Resistance machines and TRX straps may also be used. Great for all fitness levels.
CORE EXPRESS	Get to the Core of the matter in 20 minutes. We will work you through a variety of abdominal and lower back exercises to improve your core strength, posture and balance.
HIIT EXPRESS	This high intensity interval training class will take you through a total body workout using a variety of different timed sets. Expect to get sweaty as your instructor takes you through a series of intense anaerobic exercises and lower intensity recovery intervals. This class will offer modifications and levels to accommodate a range of fitness levels.
JOGA	Joga is an athletic based style of yoga that focuses on a unique blend of postures to find balance in strength and flexibility, a variety of breathing techniques to improve breath control/recovery, and relaxation tools to maintain a calm mind in sport and in life.
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.
SPIN	Enjoy a fun group cycling class that combines cardio training and muscle conditioning. Follow the instructor through exercise routines set to music.
STAIR CLIMBER	Work your whole body and boost your fitness through a variety of stair exercises from running to body-weight exercises. Classes run rain or shine, but may be cancelled due to unsafe conditions and events in the Stadium. Please meet in the main lobby.
STROLLERCIZE	A high/low cardio and strength class that allows a parent to exercise while spending time with their child(ren). All children must remain strollers. In good weather, this class may go outside.
TABATA INTERVAL TRAINING	This class will take you through a total body workout that is fun and fast paced. Each set of tabata is four minutes long alternating between twenty seconds of max training followed by ten seconds of rest for a total of eight rounds.
TOTAL BODY BARRE	This class set to up-beat music combines movements from Ballet, Pilates, and Yoga while using the barre, light weights, and resistance bands.
TOTAL BODY STRENGTH	Train all your muscles using your body weight and portable equipment focusing on strength in a functional way for your daily activities. All levels welcome.
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 – 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.
YOGA PILATE FUSION	Increase your stability, strength, and flexibility while improving your mind-body connection with the combination of Yoga and Pilates. Yoga mats are not provided.
ZUMBA	A Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Great for all fitness levels.

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Revised: June 20, 2016