

ADULT DROP-IN DRYLAND SCHEDULE

SPRING 2016

APR 3 – JUL 2

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	5-9PM	5-9PM	5-9PM	5-9PM	5-9PM	5-9PM	
FITNESS CENTRE		5-9PM	5-9PM	5-9PM	5-9PM	5-9PM	
DROP-IN DRY LAND SCHEDULE				This class is for participants 13 years old and up			
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
ZUMBA			5:30-6:30PM				

- Schedule subject to change. Please visit 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/centrallions.**

ACTIVITY DESCRIPTIONS		Zumba is located in the Large Auditorium
ZUMBA	A Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Great for all fitness levels.	

Revised: March 9, 2016