

ADULT DROP-IN DRYLAND SCHEDULE

SUMMER 2016 JUL 3 – SEP 3

	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/ 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.

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: June 20, 2016