

# ACTIVE OLDER ADULT DROP-IN SCHEDULE

SPRING 2016 | APR 3 – JUL 2

FACILITY HOURS: SUN TO SAT 5:30AM – 10:30PM, STATUTORY HOLIDAYS 7AM – 9PM

## ACTIVITY DESCRIPTIONS

Family Friendly (8+) classes are in pink

All other classes are for participants 13 years old and up

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
FITNESS CENTRE	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
OPEN GYM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
PICKLEBALL			7:15-9AM		7:15-9AM		
EDMONTON PUBLIC LIBRARY	1:00PM-5:00PM	10:00AM-9:00PM	10:00AM-9:00PM	10:00AM-9:00PM	10:00AM-9:00PM	10:00AM-6:00PM	10:00AM-6:00PM

## DROP-IN DRY LAND SCHEDULE

ACTIVITY & ROOM	SUN	MON	TUE	WED	THU	FRI	SAT
LIVING FIT (MPR 4)*					10:45-11:45AM		
WALKING FOR HEALTH (TRACK)			10:30-11:30AM				
YOGA (MPR 3)*	9:30-10:30AM	7-8PM	9:15-10:15AM	9:15-10:15AM	10:30-11:30AM	9:15 – 10:15AM	
YOGA FAMILY (STUDIO)*	1-2PM						
YOGA FLOW (MPR 3)*							10:15-11:15AM
YOGA GENTLE (MPR 3)*		10:45-11:45AM				10:30-11:30AM	
YOGA YIN (MPR 3)*				7:30-8:30PM			

## ROOM DESCRIPTIONS

\*GYM: Gymnasium

\*MPR3: Multi-Purpose Room 3

\*MPR4: Multi-Purpose Room 4

\*MPR6: Multi-Purpose Room 6

## AQUATIC SCHEDULE

	SUN	MON	TUE	WED	THU	FRI	SAT
DEEP WATER AQUAFIT			8-9AM 8-9PM		8-9AM		
DEEP WATER TETHERING					8-9PM		
SHALLOW WATER GENTLE AQUAFIT		12-1PM 6-7PM		12-1PM 6-7PM		12-1PM	

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*Our regular fitness classes run for a duration of 60 minutes. We also provide “Express” classes for those short on time and “Plus” classes which enhance cardio, strength, core, or flexibility.*

DEEP WATER AQUAFIT	An aquabelt suspends you so that your whole body gets a total workout. Good for those with joint or injury concerns. Also known as Aquajog.
DEEP WATER TETHERING	A tether (i.e. bungee cord or hitch) is fastened to a deep water belt and then hooked onto a lane rope creating dynamic resistance. This activity can be performed in deep or shallow water and is easily modified for all levels. Participants can work towards their own personal best by increasing or decreasing the amount of effort or “pull” on the tether. Adding a tether further increases the resistance, especially when encouraged to pull forward. Benefits can include reduced impact on joints (shallow) or no impact on joints (deep), increased range of motion, improved strength and endurance, increased core strength and cardiac functioning.
LIVING FIT	A variety of cardio and resistance exercises specifically designed for the active older adult.
PICKLEBALL	Mini tennis games played by 2 to 4 people on a badminton-sized court using wooden paddles and a light baseball sized ball.
SHALLOW WATER GENTLE AQUAFIT	Get fit! Aquafit is a fun and energetic aerobic exercise that uses the water for resistance. Low to zero impact is easy on bones and joints. A mild – moderate one-hour class set to music and taught by certified instructors. Work at your own pace, no swimming skills required. Water temperature is 32 F.
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! <b>Yoga mats are not provided.</b>
YOGA - FAMILY	Learn to do yoga as a family. This class will help increase your flexibility, strengthen your body and relax your mind in family friendly environment. <b>Yoga mats are not provided. Children must be 8 years or older to attend.</b>
YOGA - FLOW	A dynamic sequence of postures that synchronizes breath with movement and integrates awareness and alignment, as well as strength and flexibility. <b>Yoga mats are not provided.</b>
YOGA - GENTLE	A low intensity yoga which is ideal for beginners who want to learn more about yoga and work on flexibility. <b>Yoga mats are not provided.</b>
YOGA - YIN	A low intensity yoga which is ideal for beginners who want to learn more about yoga and work on flexibility. <b>Yoga mats are not provided.</b>

- Schedule subject to change. Please visit [www.edmonton.ca/RecCentreNotifications](http://www.edmonton.ca/RecCentreNotifications) for updates on closures and cancellations.
- 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/ClareviewHub](http://www.edmonton.ca/ClareviewHub)

*For fitness services including fitness consultations and personal training please enquire with staff in the fitness centre.*

Revised: May 3, 2016