

ADULT/FAMILY/YOUTH DROP IN SCHEDULE

SPRING 2016 | APR 3 – JUL 2

Family Friendly (8+) classes are in pink All other classes are for participants 13 years old and up

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

	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
KIDS DEN (0 YRS – DAY 1 OF GRADE 1)		8:30AM-3:00PM	8:30AM-12:30PM	8:30AM-3:00PM	8:30AM-12:30PM	8:30AM-3:00PM	
KIDS DEN (0-11 YRS)		4:30-8PM	4:30-8PM	4:30-8PM	4:30-8PM		8:30AM-12:30PM
INDOOR PLAYGROUND	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM
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
BADMINTON	7-10AM						5:30-9:45AM
BASKETBALL	1-3PM						12-3PM
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
BOLLY – D BOLLYROBICS (MPR4)*							10:15-11:15AM
BOOT CAMP (MPR 4)*			7:45-8:45PM		7:30-8:30PM		
CIRCUIT TRAINING		9:15-10:15AM (GYM)		6:45-7:45PM (STUDIO)			
CORE EXPRESS		10:30-10:50AM (FC)*	10:30-10:50AM (STUDIO)* 7:00-7:20PM (MPR 1)*	7:25-7:45PM (MPR 4)*	7-7:20PM (MPR 4)*		
HIIT EXPRESS (MPR 4)*							9:15 – 10:00AM
LIVING FIT (MPR 4)*					10:45-11:45AM		
POWER PUMP (MPR 4)*	9:30-10:30AM			8-9PM			
SPIN (MPR 6)*			6:30-7:30PM	6:15-7:15PM	6-7PM		
SPIN EXPRESS (MPR 6)*	10:45-11:30AM	6:15-7PM				6:15-7PM	
STAIR CLIMBER EXPRESS (FC)				6:15-6:35PM			
STROLLERCIZE (GYM)*			10:30-11:30AM	10:30-11:30AM	10:30-11:30AM	10:30-11:30AM	
TABATA INTERVAL (MPR4)*		7:15-8PM					
TOTAL BODY BARRE (MPR 4)*	8:30-9:15AM						
TOTAL BODY BLAST			9:15-10:15AM (GYM)*		9:15–10:15AM (GYM)* 6-6:45PM (MPR 4)*		
TOTAL BODY BLAST – WOMEN'S ONLY (MPR 4)		6:15-7:00PM					
TOTAL BODY STRENGTH (GYM)*				9:15-10:15AM		9:15-10:15AM	
WALKING FOR HEALTH (TRACK)			10:30-11:30AM				
YOGA (MPR 3)*	9:30-10:30AM	7:00 – 8:00PM	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			
ZUMBA (MPR 4)*	10:45-11:45AM	9:30-10:30AM 8:15-9:15PM	6:30-7:30PM	9:30-10:30AM	9:30-10:30AM	12:00-1:00PM 5:45-6:45PM	
ZUMBA FAMILY (MPR 4)*				6:15 – 7:15PM			

ROOM DESCRIPTION

* FC: Fitness Centre	* GYM: Gymnasium	*MPR3: Multi-Purpose Room 3	*MPR4: Multi-Purpose Room 4	*MPR6: Multi-Purpose Room 6
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To ensure we have enough spin bikes for all participants, Spin Bike Tickets will be available 30 minutes prior to class time. Please pick up one ticket per person per class from the Admissions Desk. Instructors will collect tickets prior to class commencing.

- Schedule subject to change. Please visit www.edmonton.ca/RecCentreNotifications for updates on closures and cancellations.
- No drop-in classes on statutory holidays.

ADULT/FAMILY/YOUTH DROP IN SCHEDULE

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ACTIVITY DESCRIPTIONS

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.	
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.
BOOT CAMP	Personalized whole-body workouts that are both challenging and fun! Prepare to be pushed! Please note: for “Stoller Friendly” classes, children must remain in stroller or within arm’s reach at all times.
CARDIO HIIT EXPRESS	This class is a fun and effective way to get an intense cardio workout in 45 minutes. This class includes fun and basic choreography mixed in with High Intensity Interval Training catered to all levels of your class. You can expect to see some hi and lo, step, kickboxing and plyometrics in this session.
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	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.
LIVING FIT	A variety of cardio and resistance exercises specifically designed for the active older adult.
OPEN GYM	Basketball, volleyball and badminton are just a few of the activities that can be enjoyed. Open gym times are not intended to be used for organized team practices.
PICKLEBALL	Mini tennis games played by 2 to 4 people on a badminton-sized court using wooden paddles and a light baseball sized ball.
POWER PUMP	This class uses barbells and plates to get a total body workout focusing on building strength. Instructors will lead you through this hour-long workout while keeping the environment safe and motivating.
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.
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	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 BLAST	A well-rounded workout that will increase your metabolism alternating between cardio drills and strength building exercises. All levels welcome.
TOTAL BODY BLAST – WOMEN’S ONLY	This class is well-rounded workout that will increase your metabolism, alternating between cardio drills and strength building exercises. This class is designed specifically for women, taught by a female instructor. All levels welcome.
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 - 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. Yoga mats are not provided. Children must be 8 years or older to attend.
YOGA - FLOW	A dynamic sequence of postures that synchronizes breath with movement and integrates awareness and alignment, as well as strength and flexibility. 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 - YIN	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.
ZUMBA	A Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Great for all fitness levels.
ZUMBA WITH FAMILY	Learn to move and groove as a family in this Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Children must be 8 years or older to attend.

- 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/ClareviewHub

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

REVISED: June 3, 2016