

# ACTIVE OLDER ADULT DROP-IN SCHEDULE

SUMMER 2016 | JUL 3 – SEP 3

## FACILITY HOURS ON 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
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			7-9AM		7-9AM		
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
WALKING FOR HEALTH (TRACK)			10:30-11:30AM		10:45-11:45AM		
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 FLOW (MPR 3)*							10:15-11:15AM
YOGA GENTLE (MPR 3)*		10:45-11:45AM					
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
LANE SWIM 25M	5:30AM-1:45PM 4L	5:30AM-1:45PM 3L 9-10PM 4L	5:30AM-1:45PM 3L 8-10PM 4L	5:30AM-1:45PM 3L 9-10PM 4L	5:30AM-1:45PM 3L 8-10PM 4L	5:30AM-1:45PM 3L	5:30AM-1:45PM 3L
LANE SWIM 22M WIDTHS	2-8:45PM 3W	2-8:45PM 3W	2-7:45PM 3W	2-8:45PM 3W	2-7:45PM 3W	2-9:45PM 3W	2-9:45PM 3W
DEEP WATER AQUAFIT			8-9AM 8-9PM		8-9AM		
DEEP WATER TETHERING					8-9PM		
SHALLOW WATER GENTLE AQUAFIT		6-7PM		6-7PM			

- Schedule subject to change. Please visit [www.edmonton.ca/](http://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

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>

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Revised: June 20, 2016