

# ADULT/FAMILY/YOUTH DROP IN SCHEDULE

SUMMER 2016 | JUL 3 – SEP 3

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                           | 7-9:45AM       |                |                |                |                |                | 7-9:45AM       |
| BASKETBALL                          | 1-3PM          |                |                |                |                |                | 12-5PM         |
| 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           |
|---|-----------------------|-----------------------------|---|----------------------|--------------------|-----------------------------|---------------|
| 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)<br>7:00-7:20PM (MPR 1) | 7:25-7:45PM (MPR 4)  | 7-7:20PM (MPR 4)   |                             |               |
| HIIT EXPRESS (MPR 4)*                   |                       |                             |   |                      |                    |                             | 9:15-10AM     |
| POWER PUMP (MPR 4)*                     | 9:30-10:30AM          |                             |   | 8-9PM                |                    |                             |               |
| SPIN (MPR 6)*                           | 10:45-11:30AM EXPRESS | 6:15-7PM EXPRESS            | 6:30-7:30PM                                   | 6:15-7:15PM          |                    |                             |               |
| 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) |                             |               |
| 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                                 |                      | 10:45-11:45AM      |                             |               |
| 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 (ST)*                       | 1-2PM                 |                             |   |                      |                    |                             |               |
| YOGA FLOW (MPR 3)*                      |                       |                             |   |                      |                    |                             | 10:15-11:15AM |
| YOGA GENTLE (MPR 3)*                    |                       | 10:45-11:45AM               |   |                      |                    |                             |               |
| YOGA YIN (MPR 3)*                       |                       |                             |   | 7:30-8:30PM          |                    |                             |               |
| ZUMBA (MPR 4)*                          | 10:45-11:45AM         | 9:30-10:30AM<br>8:15-9:15PM | 6:30-7:30PM                                   | 9:30-10:30AM         | 9:30-10:30AM       | 12:00-1:00PM<br>5:45-6:45PM |               |
| ZUMBA FAMILY (MPR 4)*                   |                       |                             |   | 6:15-7:15PM          |                    |                             |               |

## ROOM DESCRIPTIONS

|                      |                  |              |                             |                             |                             |
|----------------------|------------------|--------------|-----------------------------|-----------------------------|-----------------------------|
| * FC: Fitness Centre | * GYM: Gymnasium | * ST: STUDIO | *MPR3: Multi-Purpose Room 3 | *MPR4: Multi-Purpose Room 4 | *MPR6: Multi-Purpose Room 6 |
|----------------------|------------------|--------------|-----------------------------|-----------------------------|-----------------------------|

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/](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.

# ADULT/FAMILY/YOUTH DROP IN SCHEDULE

SUMMER 2016 | JUL 3 – SEP 3

## ACTIVITY DESCRIPTIONS

| <i>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.</i> |  |
|---|--|
| 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! The class may go outside when weather permits  |
| 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 EXPRESS  | 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! <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>  |
| 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! <b>Children must be 8 years or older to attend.</b>  |

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Revised: June 21, 2016