

CITY-WIDE DROP-IN HIIT/TABATA SCHEDULE

SUMMER 2016 | JUL 3 – SEP 3

DROP-IN HIIT & TABATA SCHEDULE							All classes are 13+ yrs
HIIT classes are in BLUE & TABATA classes are in BLACK							
FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
CLAREVIEW COMMUNITY RECREATION CENTRE		7:15-8:00PM					9:15-10:00AM
COMMONWEALTH COMMUNITY RECREATION CENTRE		6:00-6:45PM	6:00-6:45PM	6:00-6:45PM	9:15-10:00AM		
KINSMEN SPORTS CENTRE			6:00-6:45PM		6:00-6:45PM		
LONDONDERRY LEISURE CENTRE		7:30-8:15PM					
MILL WOODS RECREATION CENTRE					7:15-8:00PM		
TERWILLEGAR COMMUNITY RECREATION CENTRE		11:45am-12:45PM (Stroller Friendly) 6:15-7:00PM		11:45AM-12:45PM (Stroller Friendly)	6:00-6:45PM		10:00-10:45AM
THE MEADOWS COMMUNITY RECREATION CENTRE		6:00-6:45PM	7:00-7:45PM	10:45-11:30AM 5:45-6:30PM		5:45-6:30PM	

- 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.

ACTIVITY DESCRIPTIONS	
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.
TABATA INTERVAL TRAINING	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.

Revised: June 21, 2016

City of Edmonton

