

ADULT DROP-IN DRYLAND SCHEDULE

SPRING 2016 | APR 3 – JUL 2

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-7:30PM
FITNESS CENTRE	7AM-9AM 11AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-4PM
DROP-IN DRY LAND SCHEDULE				All classes are for participants 13 years old and up			
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
CIRCUIT TRAINING	9-11AM						

- **Classes are held in the Fitness Centre.**
- Schedule subject to change. Please visit www.edmonton.ca/RecCentreNotifications for updates on closures and cancellations.
- **Adult** classes: participants must be **16 years or older** to attend
- 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/hardisty.**

ACTIVITY DESCRIPTIONS		All classes are located in the Studio
CIRCUIT TRAINING	Interval training combining a variety of cardio and free weight exercises in the Fitness Centre.	

Revised: March 9, 2016