

ADULT DROP-IN DRYLAND SCHEDULE

SUMMER 2016 | JUL 3 – SEP 3

	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/ 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.

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: June 20, 2016