

ADULT DROP-IN DRYLAND SCHEDULE

Spring 2016 | April 3 – July 2

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	8:45AM-9:30PM	5:45AM-9:30PM	5:45AM-9:30PM	5:45AM-9:30PM	5:45AM-9:30PM	5:45AM-9:00PM	7:45AM-8:30PM
FITNESS CENTRE	9:00AM-10:00PM	6AM-5:30PM 7:30-10:00PM	6:00AM-10:00PM	6:00AM-5:30PM 7:30-10:00PM	6:00AM-10:00PM	6:00AM-9:30PM	8:00-9:30AM 11:30AM-9PM

DROP-IN DRY LAND SCHEDULE

All classes are for participants 13 years old and up

ACTIVITY & ROOM	SUN	MON	TUE	WED	THU	FRI	SAT
CIRCUIT TRAINING (FC)		5:30-7:30PM		5:30-7:30PM			9:30-11:30AM
YOGA (AA)			10-11AM				
YOGA GENTLE (AA)					5:45-6:45PM		
ZUMBA (AA)		5:55-6:55PM		5:55-6:55PM			

ACTIVITY DESCRIPTIONS

	AA: Annex Atrium	FC: Fitness Centre
CIRCUIT TRAINING	Interval training combining cardio exercises and resistance machines in the Fitness Centre.	
YOGA	Achieve a heightened level of body awareness, strength, and flexibility. This class is recommended for those new to Yoga or interested in mastering basic technique. All levels are welcome. Yoga mats are not provided.	
YOGA GENTLE	A low intensity yoga which is ideal for beginners, who want to learn more about yoga, and work on flexibility. Yoga mats are not provided.	
ZUMBA	A Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Great for all fitness levels. Yoga mats are not provided.	

- Schedule subject to change. Please visit www.edmonton.ca/RecCentreNotifications for updates on closures and cancellations.
- Proper exercise wear is a requirement in order to participate. Please arrive at least 5 minutes before the class begins to avoid disruption.
- No drop-in classes on statutory holidays.
- Visit www.Edmonton.ca/findyourfit for weekly drop-in schedules

Revised: April 25, 2016