

ADULT/YOUTH DROP-IN SCHEDULE

SUMMER 2016 | JUL 3 – SEP 3

FACILITY HOURS ON STATUTORY HOLIDAYS: 8AM TO 8PM

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7AM-9:30PM	5:15AM-10PM	5:15AM-10PM	5:15AM-10PM	5:15AM-10PM	5:15AM-10PM	7AM-9:30PM
FITNESS CENTRE	7AM-10PM	5:15AM-10:30PM	5:15AM-10:30PM	5:15AM-10:30PM	5:15AM-10:30PM	5:15AM-10:30PM	7AM-10PM
KIDS DEN (0 YRS – DAY 1 OF GRADE 1)		9AM-12PM	9AM-12PM	9AM-12PM	9AM-12PM	9AM-12PM	
KIDS DEN (0-11 YRS)							9AM-12PM

DROP-IN DRY LAND SCHEDULE

ALL CLASSES ARE FOR PARTICIPANTS 13 YEARS OLD AND UP

ACTIVITY & ROOM	SUN	MON	TUE	WED	THU	FRI	SAT
BOOT CAMP (FH)*		9:30-10:30AM 6-7PM	7-8PM	6-7PM	7-8PM (OUTDOOR)	9:25-10:25AM	
CIRCUIT TRAINING (FH)*			8-9AM		8-9AM		8-9AM
CORE EXPRESS	11:10-11:30AM (FH)*		9-9:20AM (PS)*		9:10-9:30AM (FH)*	9-9:20AM (FH)*	9-9:20AM (FH)*
JOGA (KR)*		6-6:45PM					
LIVING FIT		9:15-10:15AM (PS)*		9:15-10:15AM (FH)*		9:15-10:15AM (PS)*	
PILATES CORE			12-1PM	11AM-12PM			
SPIN (SG)*	9-10AM	5-5:45PM (EXPRESS)	6:30-7:30AM	5:30-6:30PM	6:30-7:30AM		10-11AM
SPIN-TABATA TREK (SG)*	10:15-11AM						
SPIN-OPEN VIRTUAL (SG)*	2:30-4PM	6-7:30PM	6-7:30PM	7:15-8:45PM	6-7:30PM		6-7:30PM
SPIN-VIRTUAL COACH (SG)*		7-8AM 12-12:45PM	9-10AM 12-12:45PM 4:30-5:15PM	7-8AM 12-12:45PM 4:30-5:15PM	9-10AM 12-12:45PM 4:30-5:15PM	7-8AM 12-12:45PM 3:30-4:30PM	8:30-9:30AM 11:15AM-12:15PM
STEP-ADV (PS)*		5:30-6:30PM					
STEP-BASIC (PS)*	11:15AM-12:15PM						
STEP EXPRESS-INT (PS)*							11:15AM-12PM
STEP-INT/ADV (PS)*			5:15-6:15PM				
STEP&STRENGTH PLUS (PS)*							8:45-10AM
STROLLERIZE PLUS (FH)*		9:45-11AM	9:45-11AM			10:35-11:50AM	
TABATA INTERVAL TRAINING (FH)*			6-6:45PM		6-6:45PM		
TOTAL BODY BARRE (PS)*					8-8:45PM		
TOTAL BODY BLAST (PS)*		12:10-12:55PM (EXPRESS)		9:30-10:45AM			
TOTAL BODY STRENGTH (PS)*			9:30-10:45AM (15 MIN FLEX)	12:10-12:55PM (EXPRESS)	5:15-6:15PM		12-1PM
YOGA (PS)*	3:30-4:45PM (PLUS)	10:45AM-12PM (PLUS) 7-8PM	6:30-7:45PM (PLUS)		9:30-11AM (ENDURANCE)	12:10-1:10PM	2-3:15PM (PLUS)
YOGA-ADVANCED PLUS (PS)*	2-3:15PM						
YOGA-FLOW (PS)*				7:15-8:15PM			
YOGA-YIN (PS)*			2-3PM		6:30-7:45PM (PLUS)		
YOGA/PILATES FUSION (PS)*					12-1PM		
ZUMBA (PS)*				6-7PM			10:05-11:05AM

ROOM DESCRIPTIONS

FH: FIELD HOUSE	KR: KINETTE ROOM	PS: PROGRAM STUDIO	SG: SPIN GARAGE	VB5: VOLLEYBALL COURT #5
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- 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.

ADULT/YOUTH DROP-IN SCHEDULE

SUMMER 2016 | JUL 3 – SEP 3

ACTIVITY DESCRIPTIONS

BOOT CAMP	Personalized whole - body workouts that are both challenging and fun! Prepare to be pushed! Classes may go outside if weather permits.
CIRCUIT TRAINING	Interval training combining a variety of cardio, free weight and bodyweight exercises. Resistance machines and TRX straps may also be used. Great for all fitness levels.
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.
JOGA	Joga is an athletic based style of yoga that focuses on a unique blend of postures to find balance in strength and flexibility, a variety of breathing techniques to improve breath control/recovery, and relaxation tools to maintain a calm mind in sport and in life.
LIVING FIT	A variety of cardio and resistance exercises specifically designed for the active older adult.
PILATES CORE	Classic Pilates exercises done on the mat with emphasis on core strength and stretching. This class will help you get sculpted abs as well as improve your posture, spinal mobility, balance and flexibility. All levels welcome.
SPIN	Enjoy a fun group cycling class that combines cardio training and muscle conditioning. Follow the instructor through exercise routines set to music.
SPIN-TABATA TREK	Maximize your training time with this high intensity class that uses maximum effort intervals on the spin bike.
SPIN-OPEN VIRTUAL	Go for a bike ride at your own pace, and enjoy the scenery on screen along the way. There will be no coaching for this workout.
SPIN-VIRTUAL COACH	This class will be led by a virtual instructor who will coach you through your cycling workout as you explore various destinations from the comfort of the "Spin Garage".
STEP	This choreographed class uses a step platform to kick your cardio up a notch. Please see the schedule for the class title to determine the level of this class.
STEP-BASIC	This class will teach you the basic choreography of step class. The instructor will lead you through some easy to follow step routines while giving you a great workout. No step experience necessary.
STEP & STRENGTH	This class format combines classic step moves with resistance exercises for a full-body workout. Some step experience is recommended.
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 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.
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.
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.
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! Yoga mats are not provided.
YOGA-ADVANCED	This class is designed for those who have Yoga experience and would like to challenge themselves. This 75-minute long class will provide you with extra time to focus on your practice. Mats are not provided.
YOGA-FLOW	A dynamic sequence of postures that synchronizes breath with movement and integrates awareness and alignment, as well as strength and flexibility. This 75-minute class will provide more time for added focus on movement and body awareness. All levels welcome. Yoga mats are not provided.
YOGA-YIN	Explore gentle yoga poses coupled with an introduction to the popular style of Yin Yoga. This slow paced style of yoga focuses on the body's connective tissues; bones, ligaments and tendons, to increase circulation in the joints and improve overall flexibility. Suitable for all levels. Yoga mats are not provided.
YOGA/PILATES FUSION	Increase your stability, strength, and flexibility while improving your mind-body connection with the combination of Yoga and Pilates. Yoga/Pilates 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.

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Revised: June 20, 2016