

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-10PM
FITNESS CENTRE	7AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-10PM
DROP-IN DRY LAND SCHEDULE All other classes are for participants 13 years old and up							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
STEP (INT/ADV)							8:45-9:55AM
TABATA INTERVAL TRAINING		7:30-8:15PM					
TOTAL BODY STRENGTH		6:15-7:15PM					
YOGA				7:30-8:30PM	8-9PM		12:30-1:30PM
YOGA (ADVANCED)			6:15-7:15PM				
ZUMBA					11AM-12PM		
ZUMBA FAMILY	10-11AM						

- Schedule subject to change. Please visit www.edmonton.ca/RecCentreNotifications for updates on closures and cancellations.
- No drop-in classes on statutory holidays.

ACTIVITY DESCRIPTIONS		All classes are located in the Studio
STEP (INT/ADV)	This choreographed class is made up of an invigorating cardio component followed by resistance work and stretching. This is an Intermediate to Advanced class. Some Step experience is recommended	
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 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 their practice. Yoga mats are not provided.	
YOGA (YIN)	Explore gentle yoga poses coupled with an introduction to the popular style of Yin Yoga. Yin Yoga is a slow paced style of yoga which 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.	
ZUMBA	A Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Great for all fitness levels.	
ZUMBA FAMILY	Learn to move and groove as a family in this Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Children must be 8 years or older to attend.	

Revised: March 9, 2016