



ADULT/FAMILY/YOUTH DROP IN SCHEDULE

SPRING 2016 APR 3 – JUL 2

Family Friendly (8+) classes are in orange

All other classes are for participants 13 years and up

FACILITY HOURS ON STATUTORY HOLIDAYS: 7AM – 9PM							
	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK/FITNESS CENTRE	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
THE MEADOWS LIBRARY	1:00PM–5:00PM	10:00AM-9:00PM	10:00AM-9:00PM	10:00AM-9:00PM	10:00AM-9:00PM	10:00AM-6:00PM	10:00AM-6:00PM
KIDS DEN (0 YRS – DAY 1 OF GRADE 1)		8:30AM-3PM	8:30AM-12:30PM	8:30AM-3PM	8:30AM-12:30PM	8:30AM-3PM	
KIDS DEN (0-11 YRS)		4:30-8PM	4:30-8PM	4:30-8PM	4:30-8PM		8:30AM-12:30PM
INDOOR PLAYGROUND	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM
OPEN GYM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
BADMINTON	7-10AM						7-10AM
BASKETBALL	1-4PM					7-10:30PM	1-5PM
PICKLEBALL			8-10AM 11:30AM-2:30PM	11:15AM-1PM	8-10AM		

DROP-IN DRY LAND SCHEDULE

ACTIVITY & ROOM	SUN	MON	TUE	WED	THU	FRI	SAT
BOLLYROBICS (MPR208)*					7:15-8:15PM		
BOOT CAMP EXPRESS (S204)*			6-6:45AM		6-6:45AM		
CIRCUIT TRAINING (FTC)*		7:15-8:15PM	9-10AM	7:15-8:15PM	9-10AM (GYM)		9-9:45AM
CORE EXPRESS (S204)*		10:15-10:35AM		10:20-10:40AM			10-10:20AM
HIIT EXPRESS (S204)*			7-7:45PM	10:45-11:30AM			
LIVING FIT (S204)*			10:15-11:15AM		10:15-11:15AM		
PILATES (S208)*		7:15-8:15PM					
PILATES BARRE (S204)*						6:45 – 7:45PM	
POWER PUMP (S204)*	9-10AM			9:15-10:15AM			
SPIN (S203)*		9-10AM 6-7PM		6-7PM		9:30-10:30AM	8:45-9:45AM
SPIN – EXPRESS (S203)*	10:15-11AM		6:15-7PM	9-9:45AM	9:30-10:15AM 6-6:45PM		
STRETCH EXPRESS (MPR 208)*							10-10:20AM
STROLLERCIZE (GYM)*		10-11AM	10:15-11:15AM	10-11AM	10:15-11:15AM	10:15-11:15AM	
TABATA INTERVAL (S204)*		6-6:45PM		5:45-6:30PM		5:45-6:30PM	
TOTAL BODY BARRE (S204)		10:45 – 11:30AM		6:45-7:30PM			8:45-9:45AM
TOTAL BODY BLAST (S204)*		9:15-10:15AM				9-10AM	10:30-11:30AM
TOTAL BODY STRENGTH (S204)*			8-9PM				
YOGA (MPR 208)*	9-10AM	10:15-11:15AM 6-7PM	7-8PM	6-7PM	11:30AM-12:30PM	9:30-10:30AM (Chair Yoga)	8:30-9:30AM
YOGA: FAMILY (MPR 208)*					6-7PM		
YOGA: FLOW (MPR 208)*	10:15-11:15am			6:30-7:30AM			
YOGA: GENTLE (MPR 208)*		12-1PM	11:30AM-12:30PM			11:30AM-12:30PM	
YOGA: YIN (S208)*				1-2PM			
ZUMBA (S204)*			9-10AM 5:45-6:45PM	7:45-8:45PM	9-10 5:45-6:45PM	10:45 – 11:45AM	11:45am-12:45pm 1-2PM
ZUMBA FAMILY (S204)*		7-8PM					
ZUMBA GOLD (S204)*		11:45am-12:45pm		11:45am-12:45pm			

ROOM DESCRIPTIONS			
*FTC: Functional Training Centre	*MPR 208 : Multi-Purpose Room 208	*S203: Studio 203	*S204: Studio 204

- 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/MeadowsRec

Revised: May 11, 2016

SPRING 2016 APR 3 – JUL 2

Our regular fitness classes run for a duration of 60 minutes. We also provide "Express" classes for those short on time and "Plus" classes which enhance cardio, strength, core, or flexibility.

BOLLYROBICS	This workout is inspired by the sounds of India with a fusion of classical and contemporary movements. This class will provide cardio, muscle toning, and stretching components.
BOOT CAMP	Personalized whole - body workouts that are both challenging and fun! Prepare to be pushed!
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.
CARDIO KICK	This class combines kickboxing movements with easy to follow choreography that will leave you sweating and wanting more. You will get a great total body workout in this class and be taken through various cardio drills.
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.
FIT CHALLENGE	This is a “head to toe” interval based workout for all fitness levels that will help improve your cardiovascular endurance and build muscle strength and definition using different equipment every week. It includes heart pumping cardio moves, overall strength training and simple exercises that improve coordination and balance to help you function in everyday life.
HIIT EXPRESS	This high intensity interval training class will take you through a total body workout using a variety of different timed sets. Expect to get sweaty as your instructor takes you through a series of intense anaerobic exercises and lower intensity recovery intervals. This class will offer modifications and levels to accommodate a range of fitness levels.
LIVING FIT	A variety of cardio and resistance exercises specifically designed for the active older adult.
OPEN GYM	Basketball, volleyball and badminton are just a few of the activities that can be enjoyed. Open gym times are not intended to be used for organized team practices.
PICKLEBALL	Mini tennis games played by 2 to 4 people on a badminton-sized court using wooden paddles and a light baseball sized ball.
PILATES	Improve core strength and muscle balance, improving the way your body functions, looks and feels. All levels welcome.
PILATES BARRE	This class will take you through a total body toning workout using the barre, light weights, and resistance bands. Combining barre with pilate movements this is a great workout for building strength, core and muscle balance.
POWER PUMP	This class uses barbells and plates to get a total body workout focusing on building strength. Instructors will lead you through this hour-long workout while keeping the environment safe and motivating.
SPIN	Enjoy a fun group cycling class that combines cardio training and muscle conditioning. Follow the instructor through exercise routines set to music.
STRETCH EXPRESS	This class will be 20 minutes of total body stretching. Participants will be led through a series of stretches that will help them progress at their own level to gain flexibility and mobility.
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 - CHAIR	In chair yoga, traditional yoga poses are adapted so that they can be safely done sitting in a chair or using a chair for support, making yoga more accessible for people challenged by standing for long periods or mobility in moving to and from the floor. In addition to a healthy stretch, benefits of chair yoga include: improved muscle tone and range of movement in the joints, better breathing habits and stress reduction."
YOGA – FAMILY	Learn to do yoga as a family. This class will help increase your flexibility, strengthen your body and relax your mind in family friendly environment. Yoga mats are not provided. Children must be 8 years or older to attend.
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.
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.
ZUMBA	A Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Great for all fitness levels.
ZUMBA GOLD	Featuring Latin rhythms, Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.
ZUMBA STEP	All the cardio conditioning and lower-body workout you get from Step combined with a Zumba fitness-party!
ZUMBA WITH 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.