

# ACTIVE OLDER ADULT DROP IN SCHEDULE

SUMMER 2016 | JUL 3 – SEP 3

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	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
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
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
PICKLEBALL			8-10AM		8-10AM		

## DROP-IN DRY LAND SCHEDULE

ACTIVITY & ROOM	SUN	MON	TUE	WED	THU	FRI	SAT
LIVING FIT			10:15-11:15AM		10:15-11:15AM		
STRETCH EXPRESS							10-10:20AM
YOGA (MPR 208)*		10:15-11:15AM 6-7PM	7-8PM	6-7PM	11:30AM-12:30PM		8:30-9:30AM
YOGA: CHAIR (MPR 208)*						9:30-10:30AM	
YOGA: GENTLE (MPR 208)*		12-1PM	11:30AM-12:30PM			11:30AM-12:30PM	
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
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## AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM 25M	5:30AM-9PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L
DEEP WATER AQUAFIT				12PM-1PM			
SHALLOW WATER AQUAFIT	8:45-9:45AM	12PM-1PM	8-9PM		8-9PM	12PM-1PM	8:45-9:45AM

- Schedule subject to change. Please visit [www.edmonton.ca/](http://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.

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## ACTIVITY DESCRIPTIONS

DEEP WATER AQUAFIT	An aquabelt suspends you so that your whole body gets a total workout. Good for those with joint or injury concerns. Also known as Aquajog.
LANE SWIM 25M	A fitness oriented swim with lanes committed to swimming laps in a 25m Pool. All ages welcome.
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.
SHALLOW WATER AQUAFIT	Get fit! Aquafit is a fun and energetic aerobic exercise class that uses the water for resistance. Low to zero impact is easy on bones and joints. A one-hour class set to music and taught by certified instructors. Work at your own pace, no swimming skills required.
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.
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: 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 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 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.

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Revised: June 20, 2016