

# 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
INDOOR PLAY SPACE		11AM-3PM		11AM-3PM		11AM-3PM	

## DROP-IN DRY LAND SCHEDULE

All classes are for participants 13 years old and up

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
CIRCUIT TRAINING		9-10AM				9-10AM	
CORE EXPRESS		10:10-10:30AM				10:10-10:30AM	
STEP & STRENGTH				6:15 – 7:15PM			
TABATA INTERVAL TRAINING					7:15-8PM		
TOTAL BODY BLAST		6:15 – 7:15PM		9-10AM			9-10AM
YOGA		7:30-8:30PM					
YOGA (IRON)				7:30-8:30PM			
YOGA (YIN)							10:30-11:30AM
ZUMBA					5:45 – 6:45PM	5:30-6:30PM	

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

CORE EXPRESS	We will work you through a variety of abdominal and low back exercises to improve your core strength, posture and balance.
STEP & STRENGTH	This class format combines classic step moves with resistance exercises for a full-body workout. 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 BLAST	A well rounded workout that will increase your metabolism alternating between cardio drills and strength building exercises. 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 (IRON)	This is a challenging full-body workout utilizing dumbbells and resistant bands to incorporate weight training while performing a series of yoga poses. 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!

Revised: March 9, 2016