

# ACTIVE OLDER ADULT DROP-IN DRYLAND SCHEDULE

SUMMER 2016 | JUL 3 – SEP 3

	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
<b>DROP-IN DRY LAND SCHEDULE</b>				All classes are located in the Program Room			
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
YOGA		7:30-8:30PM					
YOGA (IRON)				7:30-8:30PM			
YOGA (YIN)							10:30-11:30AM
<b>AQUATIC SCHEDULE</b>							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
LANE SWIM	7-10:30PM 6L	5:30-8:30AM 6L 9-10PM 6L	5:30-8:30AM 6L 9-10PM 2L	5:30-9AM 6L 9-10PM 6L	5:30-8:30AM 6L 9-10PM 2L	5:30-8:30AM 6L	7-9AM 6L
DEEP WATER AQUAFIT	10:30- 11:30AM	8:30-9:30AM	8:30-9:30AM	8:30-9:30AM	8:30-9:30AM	8:30-9:30AM	
SHALLOW WATER AQUAFIT		8:30-9:30AM 8-9PM	8:30-9:30AM	8:30-9:30AM 8-9PM	8:30-9:30AM	8:30-9:30AM	
HOT TUB AND SAUNA	7AM-4PM 6:30-9PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-9PM	7AM- 9PM

- 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.

ACTIVITY DESCRIPTIONS	
LANE SWIM	ALL AGES WELCOME. A fitness oriented swim with lanes committed to swimming laps.
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.
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.
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.

Revised: June 20, 2016