

ADULT DROP-IN DRYLAND SCHEDULE

SPRING 2016 | APR 3 – JUL 2

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK		8:30AM-4:30PM	8:30AM-4:30PM	8:30AM-8PM	8:30AM-4:30PM	8:30AM-4:30PM	
DROP-IN DRY LAND SCHEDULE				All classes are for participants 13 years old and up			
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
YOGA PLUS		9:30-10:45AM		9:30-10:45AM		9:30-10:45AM	

- **All Classes are taught in the Kinross Room.**
- Schedule subject to change. Please visit www.edmonton.ca/RecCentreNotifications for updates on closures and cancellations.
- **Adult classes:** participants must be 16 years or older to attend.
- Proper exercise wear is required in order to participate. Please arrive at least 5 minutes before the class begins to avoid disruption.
- **No drop-in classes on statutory holidays.**
- Yoga mats are not provided.

ACTIVITY DESCRIPTIONS		All classes are located in the Studio
YOGA PLUS	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.	

Revised: March 9, 2016