

ADULT DROP-IN DRYLAND SCHEDULE

SPRING 2016 | APR 3 – JUL 2

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	9AM-8:30PM	7:30AM-8:30PM	7:30AM-8:30PM	7:30AM-9:30PM	7:30AM-9:30PM	7:30AM-9:30PM	9AM-9:30PM
OPEN GYM	9:00AM-9:00PM	7:30AM-9:00PM	7:30AM-9:00PM	7:30AM-10PM	7:30AM-10PM	7:30AM-10PM	9AM-10PM
OPEN TRACK	9:00AM-9:00PM	7:30AM-9:00PM	7:30AM-9:00PM	7:30AM-10PM	7:30AM-10PM	7:30AM-10PM	9AM-10PM
DROP IN BADMINTON	1:00-6:00pm						
DROP IN BASKETBALL				5:00-7:00PM	5:00-7:00PM	5-8PM	
DROP IN VOLLEYBALL						8:00-10:00PM	

DROP-IN DRY LAND SCHEDULE

All classes are for participants 13 years old and up

ACTIVITY & ROOM	SUN	MON	TUE	WED	THU	FRI	SAT
CIRCUIT TRAINING (TR)		8:00-9:00 AM		8:00-9:00 AM		8:00-9:00 AM	

ACTIVITY DESCRIPTIONS

TR: Track

CIRCUIT TRAINING Interval training combining a variety of cardio and free weight exercises on the Upper Track.

- Schedule subject to change. Please visit www.edmonton.ca/RecCentreNotifications for updates on closures and cancellations.
- Proper exercise wear is a requirement in order to participate. Please arrive at least 5 minutes before the class begins to avoid disruption.
- No drop-in classes on statutory holidays.
- Visit www.Edmonton.ca/findyourfit for weekly drop-in schedules

Revised: March 9, 2016