

ADULT DROP-IN DRYLAND SCHEDULE

SUMMER 2016 | JUL 3 – SEP 3

St. Francis Xavier Sports Centre will be CLOSED July 3 – July 16

	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
BADMINTON	1-6pm		5-7PM		5-7PM		
BASKETBALL		5-6PM		5-7PM		5-8PM	
VOLLEYBALL						8-10PM	

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/ 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.

Revised: June 20, 2016