

# CITY-WIDE DROP IN SPIN SCHEDULE

SPRING 2016 | APR 3 – JUL 2

DROP-IN SPIN SCHEDULE				All classes are for participants 13 years old and up			
FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
Clareview Community Recreation Centre	10:45-11:30am (Express)	6:15-7pm (Express)	6:30-7:30pm	6:15-7:15pm	6-7pm	6:15-7pm (Express)	
Commonwealth Community Recreation Centre	9:30-10:30am	6-7pm	6-7pm	6:30-7:30am	6:30-7:30pm		9:45-10:45am
Kinsmen Sport Centre	9-10am 10:15-11am (Tabata)	5-5:45pm (Express)	6:30-7:30am	5:30-6:30pm	6:30-7:30am	5:15-6:15pm	10-11am
Terwillegar Community Recreation Centre	9:30-10:30am	6-7am 10:15-11:15am (&Core) 5-6pm 6:30-7:30pm	9:30-10:30am 7-8pm	6-7pm	6-7am (&Core) 10:15-11:15am (Blast) 5:30-6:30pm (&Core)	9:30-10:30am	8:45-9:45am 10-11am (Blast)
The Meadows Community Recreation Centre	10:15-11am (Express)	9-10am 6-7pm	6:15-7pm (Express)	9-9:45am (Express) 6-7pm	9:30-10:15am (Express) 6-6:45pm (Express)	9:30-10:30am	8:45-9:45am

- Schedule subject to change, please visit [www.edmonton.ca/RecCentreNotifications](http://www.edmonton.ca/RecCentreNotifications) for 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.
- Visit [www.edmonton.ca/findyourfit](http://www.edmonton.ca/findyourfit) for weekly drop-in schedules.

## Descriptions:

**Blast:** Rev up that metabolism with 30 minutes of heart pounding cardio and 30 minutes of strength training using TRX, weights and various other fitness equipment. Get the best of both worlds!

**& Core:** A great way to get a combination of cardio training as well as muscle conditioning including a focus on your core.

**Express:** These Spin classes are 45 minutes.

**Tabata:** This 45-minute class maximizes your training time with high intensity intervals for maximum effort.

Revised: June 3, 2016