

CITY-WIDE DROP-IN STROLLERCIZE SCHEDULE

SPRING 2016 | APR 3 – JUL 2

“PLUS” classes are 75 minutes – all others are 60 minutes.

| DROP-IN STROLLERCIZE SCHEDULE | | | | | | | |
|--|-----|-------------------------|------------------------|-------------------------|---------------|-------------------------|-----|
| FACILITY | SUN | MON | TUE | WED | THU | FRI | SAT |
| CLAREVIEW COMMUNITY RECREATION CENTRE | | | 10:30-11:30am | 10:30-11:30am | 10:30-11:30am | 10:30-11:30am | |
| COMMONWEALTH COMMUNITY RECREATION CENTRE | | | | | 10:30-11:30am | | |
| KINSMEN SPORTS CENTRE | | 9:45-11:00am (PLUS) | 9:45-11:00am (PLUS) | | | 10:35-11:50am (PLUS) | |
| TERWILLEGAR COMMUNITY RECREATION CENTRE | | 10:00-11:15am (PLUS) | 10:15-11:15am | 10:00-11:15am (PLUS) | 10:15-11:15am | 10:00-11:15am (PLUS) | |
| THE MEADOWS COMMUNITY RECREATION CENTRE | | 10:00-11:00am | 10:15-11:15am | 10:00-11:00am | 10:15-11:15am | 10:15-11:15am | |

- 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 for weekly drop-in schedules

Revised: March 23, 2016