

# CITY-WIDE DROP-IN STROLLERCIZE SCHEDULE

SUMMER 2016 | JUL 3 – SEP 3

DROP-IN STROLLERCIZE & STROLLER-FRIENDLY SCHEDULE							
STROLLERCIZE classes are in <b>BLACK</b>   STROLLER-FRIENDLY classes are in <b>BLUE</b>							
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) 11:30-12:30pm (TABATA)	10:15-11:15am 11:30-12:30pm (BOOT CAMP)	10:00-11:15am (PLUS) 11:30-12:30pm (TABATA)	10:15-11:15am 11:30-12:30pm (BOOT CAMP)	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/](http://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.

ACTIVITY DESCRIPTIONS	
STROLLERCIZE	A high/low cardio and strength class that allows a parent to exercise while spending time with their child(ren). All children must remain strollers. In good weather, this class may go outside.
BOOT CAMP	Personalized whole - body workouts that are both challenging and fun! Prepare to be pushed! This program may go outside when weather permits
TABATA INTERVAL TRAINING	This class will take you through a total body workout that is fun and fast paced. Each set of tabata is four minutes long alternating between twenty seconds of max training followed by ten seconds of rest for a total of eight rounds.

Revised: June 21, 2016