

ADULT/FAMILY/YOUTH DRYLAND DROP-IN SCHEDULE SUMMER 2016 JUL 3 – SEP 3

| FACILITY HOURS ON STATUTORY HOLIDAYS (7AM – 9PM) | | | | | | | |
|--|------------------------|----------------|----------------|----------------|----------------------------|------------------------------------|----------------------|
| | SUN | MON | TUE | WED | THU | FRI | SAT |
| ADMISSION DESK | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM |
| KIDS DEN (0 YRS – DAY 1 OF GRADE 1) | | 8:30AM-3PM | 8:30AM-1PM | 8:30AM-3PM | 8:30AM-1PM | 8:30AM-3PM | |
| KIDS DEN (0-11 YRS) | | 4:30-8PM | 4:30-8PM | 4:30-8PM | 4:30-8PM | | 8:30-12:30PM |
| INDOOR PLAYGROUND | 8AM-8PM | 8AM-8PM | 8AM-8PM | 8AM-8PM | 8AM-8PM | 8AM-8PM | 8AM-8PM |
| OPEN GYM (FH) | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM 7:15-9PM (Youth) | 5:30AM-10:30PM |
| BADMINTON (FH) | 5:30-10AM 12-3PM | 5:30-9:45AM | 5:30-8:45AM | 5:30-9AM | 5:30-8:45AM | 5:30-9:45AM | 5:30-9:45AM 2-4PM |
| BASKETBALL (FH) | 3-6PM (Child&Youth) | | | | | | 4-6PM |
| PICKLEBALL (FH) | | | 7-10AM | | | | |
| TABLE TENNIS (MPR6) | 5:30-9PM | 3:30-5:30PM | | | 3:30-5:30PM 7:30-9:30PM | | |
| VOLLEYBALL (FH) | 8-10:30PM (Adult) | | | | | | |

| DROP-IN DRY LAND SCHEDULE | | | | | | | |
|---|--|--|--|--|--|-------------------------------------|----------------------------------|
| Family Friendly (8+) classes are in orange - All other classes are for participants 13 years old and up | | | | | | | |
| ACTIVITY & ROOM | SUN | MON | TUE | WED | THU | FRI | SAT |
| BOOT CAMP (FH) | | 6:00-7:00PM (ES) | 10:15-11:15AM (FC) 11:30AM-12:30PM (Stroller Friendly) 7-7:50PM | 6-6:45AM (Express) 7-7:55PM | 11:30AM-12:30PM (Stroller Friendly) | 6-7PM | |
| CASE (GYM & ES) | | | 4-5:30PM | | 4-5:30PM | | |
| CIRCUIT TRAINING (FC/TRX) | | 9-10AM | 9-10AM | 9-10AM | | 9-10AM | |
| CORE EXPRESS | | 7:05-7:25PM (MPR6) | | 7-7:20PM (PS) | 6:40-7PM (PS) | | |
| LIVING FIT (ES) | | 10:30-11:30AM | 1:15-2:15PM | 10:30-11:30AM | | 1:15-2:15PM | |
| PILATES (MP6) | | | 6:25-7:25PM (Level 1) 7:30-8:30PM (Level 2) | | | 9-10AM (All Levels) ARENA MPB | |
| SPIN (PS) | 9:30-10:30AM | 6-7AM 5-6PM 6:30-7:30PM | 9:30-10:30AM 7-8PM | 6-7PM | 10:15-11:15AM (Spin Blast) | 9:30-10:30AM | 8:45-9:45AM |
| SPIN & CORE (PS) | | 10:15-11:15AM | | | 6-7AM 5:30-6:30PM | | |
| STEP (ES) | | 9:15-10:15AM (& Strength) | | | | 9:15-10:15AM (Intermediate) | 8:45-9:45AM (& Strength) |
| STROLLERCIZE (FH) | | 10-11:15AM (Plus) | 10:15-11:15AM | 10-11:15AM (Plus) | 10:15-11:15AM | 10-11:15AM (Plus) | |
| TABATA INTERVAL TRAINING (FH) | | 11:30AM-12:30PM (Stroller Friendly) 6:15-7PM | | 11:30AM-12:30PM (Stroller Friendly) | 6-6:45PM (ES) | | 10-10:45AM |
| TOTAL BODY BARRE (ES) | | | | | 8:15-9PM | | |
| TOTAL BODY BLAST (FH) | 8:45-9:45AM | | 9-10AM | | 9-10AM | | |
| TOTAL BODY STRENGTH (ES) | 10:45AM-12PM (Plus) | | 9:15-10:30AM (Plus) 5:45-6:45PM | | | 10:30-11:30AM | |
| WALKING FOR HEALTH (FT) | 10-11AM | | 6:30-7:30PM | | | | |
| YOGA | 9-10AM (MP6) | 12-1PM (ES) 7:45-9PM (MP6) | 12-1PM (ES) | | 12:15-1:15PM (ES) | 12-1PM (ES) | |
| YOGA FLOW | | | | | 6-7PM (MP6) | | |
| YOGA GENTLE | | 11:45AM-12:45PM ARENA MPB | | 11:45AM-12:45PM (ES) | | 2:30-3:30PM (ES) | |
| YOGA PLUS | | | | 1-2:15PM (ES) | | | 9-10:15AM (MP6) |
| ZUMBA (FH) | | 9-10AM | 5:45-6:45PM | 5:45-6:45PM | 7:30-8:30PM | 9-10AM | 10-11AM (ES) 11:10-12:10 (ES) |
| ZUMBA STEP (ES) | | 8:30-9:30PM | | 9-10AM | | | |
| ZUMBA FAMILY (FH2) | 10-11AM | | | | | | |
| ZUMBA - GOLD (ES) | | | 10:45-11:45AM | | 1:30-2:30PM | | |
| ROOM DESCRIPTIONS | Centre Track MP6: Multi-Purpose Room 6 PS: Power Studio ST: Stretching Area TRX: Fitness Centre TRX Area | | | | | | |

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| ACTIVITY DESCRIPTIONS | |
|-----------------------|---|
| BOOT CAMP | Personalized whole - body workouts that are both challenging and fun! Prepare to be pushed! This program may go outside when weather permits |
| CASE for the HEART | Cardiac Athletic Society of Edmonton. Low intensity exercises and physical activity for those with low to moderate fitness. (4:00-4:45PM in the Gym then 4:45-5:30PM in the Energy Studio). |
| CIRCUIT TRAINING | Interval training combining a variety of cardio, free weight and bodyweight exercises. Resistance machines and TRX straps may also be used. Great for all fitness levels. |
| CORE EXPRESS | Get to the Core of the matter in 20 minutes. We will work you through a variety of abdominal and lower back exercises to improve your core strength, posture and balance. |
| LIVING FIT | A variety of cardio and resistance exercises specifically designed for the active older adult. |
| OPEN GYM | Basketball, volleyball and badminton are just a few of the activities that can be enjoyed. Open gym times are not intended to be used for organized team practices. |
| PICKLEBALL | Mini tennis games played by 2 to 4 people on a badminton-sized court using wooden paddles and a light baseball sized ball. |
| PILATES | Improve core strength and muscle balance, improving the way your body functions, looks and feels. All levels welcome. |
| PILATES ADVANCED | Classic Pilates exercises done on the mat while using a variety of props such as stability balls and rollers, with emphasis on core strength and stretching. Previous Pilates experience is recommended. |
| SPIN | Enjoy a fun group cycling class that combines cardio training and muscle conditioning. Follow the instructor through exercise routines set to music. |
| SPIN 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. All levels welcome. |
| STEP | This choreographed class uses a step platform to kick your cardio up a notch. Please see the schedule for the class title to determine the level of this class. |
| STEP & STRENGTH | This class format combines classic step moves with resistance exercises for a full-body workout. Some step experience is recommended. |
| 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. |
| TABATA INTERVAL | 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. |
| TOTAL BODY BARRE | This class set to up-beat music combines movements from Ballet, Pilates, and Yoga while using the barre, light weights, and resistance bands. |
| TOTAL BODY BLAST | A well-rounded workout that will increase your metabolism alternating between cardio drills and strength building exercises. |
| TOTAL BODY STRENGTH | Train all your muscles using your body weight and portable equipment focusing on strength in a functional way for your daily activities. All levels welcome. |
| WALKING FOR HEALTH | Take a walk around the track with an experienced instructor. The use of light weights and other exercises may be used. In good weather, this class may go outside. |
| YOGA | Achieve a heightened level of body awareness, strength and flexibility. This yoga class is specifically designed to incorporate all levels of Yoga – everyone welcome! Yoga mats are not provided. |
| YOGA – FAMILY | Learn to do yoga as a family. This class will help increase your flexibility, strengthen your body and relax your mind in family friendly environment. Yoga mats are not provided. Children must be 8 years or older to attend. |
| YOGA – FLOW | A dynamic sequence of postures that synchronizes breath with movement and integrates awareness and alignment, as well as strength and flexibility. Yoga mats are not provided. |
| YOGA – GENTLE | A low intensity yoga which is ideal for beginners who want to learn more about yoga and work on flexibility. Yoga mats are not provided. |
| ZUMBA | A Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Great for all fitness levels. |
| ZUMBA GOLD | Featuring Latin rhythms, Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. |
| ZUMBA STEP | All the cardio conditioning and lower-body workout you get from Step combined with a Zumba fitness-party! |
| ZUMBA FAMILY (8+) | Learn to move and groove as a family in this Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Children must be 8 years or older to attend. |

- 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