

ADULT/FAMILY/YOUTH DRYLAND DROP-IN SCHEDULE SPRING 2016 APR 3 – JUL 2

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
VOLLEYBALL (FH)	8-10:30PM (Adult)						
TABLE TENNIS (MPR6)	5:30-9pm Omit Jun 19	3:30-5:30pm			3:30-5:30pm 7:30-9:30pm		

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)	11:30AM-12:30PM (Stroller Friendly) 7:00-7:50PM (FH3)	6-6:45AM 7-7:55PM	11:30AM-12:30PM (Stroller Friendly)	6-6:45AM 6-7PM	
CASE (GYM & ES)			4-5:30PM		4-5:30PM		
CIRCUIT TRAINING (FC/TRX)		9-10AM	9-10AM	9-10AM	9-10AM	9-10AM	
CORE EXPRESS		7:05-7:25PM (MPR6)		7-7:20PM (PR1)	6:40-7PM (PR1)		
HIIT (FC/TRX)			10:15-11:15AM				
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)	
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 10-11AM (SPIN BLAST)
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		11:30AM-12:30PM (Stroller Friendly) 6:15-7PM (FH)		11:30AM-12:30PM (Stroller Friendly)	6-6:45PM (ES)		10-10:45AM (FH)
TOTAL BODY BARRE			12:00-12:45PM (MPR6)		8:15-9PM (ES)		
TOTAL BODY BLAST (FH)	8:45-9:45AM		9-10AM		9-10AM		
TOTAL BODY STRENGTH (ES)	10:45AM-12PM (Plus)	1:15-2:15PM	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 ADVANCED (MP6)		6-7PM					
YOGA FLOW	2:15-3:15PM (ES)				6-7PM (MP6)		
YOGA GENTLE		11:45AM-12:45PM (MPR 6)		11:45AM-12:45PM (ES)		2:30-3:30PM (ES)	
YOGA FAMILY (ES)						5:45-6:45PM	
YOGA PLUS				1-2:15PM (ES)			9-10:15AM (MP6)
ZUMBA		9-10AM (FH3)	5:45-6:45PM (FH3)	5:45-6:45PM (FH1)	7:30-8:30PM (FH3)	9-10AM (FH3)	10-11AM (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							

ES: Energy Studio FC: Fitness Centre FH: Flexi-Hall FT: Fitness Centre Track MP6: Multi-Purpose Room 6 PS: Power Studio ST: Stretching Area TRX: Fitness Centre TRX Area

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ACTIVITY DESCRIPTIONS	
Our regular fitness classes run for a duration of 60 minutes. We also provide “Express” classes for those short on time and “Plus” classes which enhance cardio, strength, core, or flexibility.	
BOLLYROBICS	This workout is inspired by the sounds of India with a fusion of classical and contemporary movements. This class will provide cardio, muscle toning, and stretching components.
BOOT CAMP	Personalized whole - body workouts that are both challenging and fun! Prepare to be pushed!
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.
HIIT	This High Intensity Interval Training class will take you through a total body workout using a variety of different timed sets. Expect to get sweaty as your instructor takes you through a series of intense anaerobic exercises and lower intensity recovery intervals. This class will offer modifications and levels to accommodate a range of fitness levels.
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 – ADVANCED	This class is designed for those who have Yoga experience and would like to challenge themselves. 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 w/ 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/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 drop-in classes on statutory holidays.
- Please note during school breaks, (Teacher’s Convention, Spring Break and Christmas break) gym, field house, and arena schedules may vary, please visit our live schedules at http://www.edmonton.ca/activities_parks_recreation/terwillegar-drop-in-fitness-schedule.aspx

For fitness services including fitness consultations and personal training please enquire with staff in the fitness centre.

Revised: May 3, 2016