

ACTIVE OLDER ADULT 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
FITNESS CENTRE	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
OPEN GYM	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
PICKLEBALL (FH)		1-3PM	7-10AM	1-3PM		1-3PM	

DROP-IN DRY LAND SCHEDULE

ACTIVITY & ROOM	SUN	MON	TUE	WED	THU	FRI	SAT
CASE (FH)			4:00-4:45PM (VOLLEYBALL) 4:45-5:30PM (CASE PROGRAM)		4:00-4:45PM (VOLLEYBALL) 4:45-5:30PM (CASE PROGRAM)		
LIVING FIT (ES)		10:30-11:30AM	1:15-2:15PM	10:30-11:30AM		1:15-2:15PM	
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 PLUS				1-2:15PM (ES)			9-10:15AM (MP6)
YOGA – GENTLE		11:45AM-12:45PM (MPR 6)		11:45AM-12:45PM (ES)		2:30-3:30PM (ES)	
ZUMBA GOLD (ES)			10:45-11:45AM		1:30-2:30PM		

AQUATIC SCHEDULE

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
SHALLOW WATER AQUAFIT		11AM-12PM 7-8PM	11AM-12PM 7-8PM	7-8PM	11AM-12PM 7-8PM		
DEEP WATER AQUAFIT			8:15-9:15PM	11AM-12PM	8:15-9:15PM	11AM-12PM	9-10AM
LANE SWIM 50M	5:30-8AM 4L		5:30-8AM 4L		5:30-8AM 4L		
LANE SWIM 25M	9AM-1PM 4L 1 – 9PM 6L	5:30-8PM 4L 8-10PM 6L	9-8PM 4L 8-10 6L	5:30-8PM 4L 8-10PM 6L	9-8PM 4L 8-10 6L	5:30-7PM 4L 7-10PM 8L	5:30AM-9PM 4L

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ACTIVITY/ROOM DESCRIPTIONS

FC: Fitness Centre
FH: Flexi Hall

PS: Power Studio
ES: Energy Studio

MP6: Multi-Purpose Room 6
FT: Fitness Centre Track

ACTIVITY DESCRIPTIONS

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 Volleyball in Gym then 4:45-5:30PM in the Energy Studio).
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 game played by 2 to 4 people on a badminton-sized court using wooden paddles and a light baseball sized ball.
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 Plus:	Enjoy all of your favorite Yoga poses and movements with extra time for added focus on flexibility and body awareness. This class is 75 minutes in length. 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 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.
Lane Swim 50m:	A fitness oriented swim with lanes committed to swimming laps in a 50m Pool. All ages welcome.
Lane Swim 25m:	A fitness oriented swim with lanes committed to swimming laps in a 25m Pool. All ages welcome.
Deep Water Aquafit:	An aquabelt suspends you so that your whole body gets a total workout. Good for those with joint or injury concerns. Also known as Aquajog.
Shallow Water Aquafit	Get fit! Aquafit is a fun and energetic aerobic exercise class that uses the water for resistance. Low to zero impact is easy on bones and joints. A one-hour class set to music and taught by certified instructors. Work at your own pace, no swimming skills required.

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

- 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 Instructor led 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 www.Edmonton.ca/terwillegar

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Revised: May 3, 2016