

# CITY-WIDE DROP IN YOGA SCHEDULE

SUMMER 2016 | JUL 3 – SEP 3

DROP-IN YOGA SCHEDULE							
Family Friendly (8+) classes are in blue				All other classes are for participants 13 years old and up			
FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
Clareview Community Recreation Centre	9:30-10:30am 1-2pm (Family)	10:45-11:45am (Gentle) 7-8pm	9:15-10:15am	9:15-10:15am 7:30-8:30pm (Yin)	10:30-11:30am	9:15 – 10:15am	10:15-11:15am (Flow)
Commonwealth Community Recreation Centre	11:30am-12:30pm	12-1pm 1:15-2:15pm (Gentle) 7:45-8:45pm (Flow)	1:15-2:15pm (YP Fusion)	9:30-10:30am 7-8pm	9:15-10:15am	12-1pm (YP Fusion) 1:15-2:15pm (Yin)	9-10:15am
Jasper Place Annex					5:45-6:45pm		
Kinsmen Sport Centre	2-3:15pm (Advanced) 3:30-4:45pm	10:45am-12pm 6-6:45pm (Joga) 7-8pm	2-3pm (Yin) 6:30-7:45pm 8-9:15pm (Advanced)	7:15-8:15pm (Flow)	9:30-11am 12-1pm (YP Fusion) 6:30-7:45pm (Yin)	12:10-1:10pm	2-3:15pm
Londonderry Leisure Centre			6:15-7:15pm (Advanced)	7:30-8:30pm	8-9pm		12:30-1:30pm
Mill Woods Recreation Centre		7:30-8:30pm		7:30-8:30pm (Iron)			10:30-11:30am (Yin)
Prince of Wales Armouries		9:30-10:45am		9:30-10:45am		9:30-10:45am	
Terwillegar Community Recreation Centre	9-10am	11:45am – 12:45pm (Gentle) 12-1pm 7:45-9pm	12-1pm	11:45am-12:45pm (Gentle) 1-2:15pm	12:15-1:15pm 6-7pm (Flow)	12-1pm 6-7pm (Family)	9-10:15am
The Meadows Community Recreation Centre	9-10am 10:15-11:15am (Flow)	10:15-11:15am 12-1pm (Gentle) 6-7pm	11:30am-12:30pm (Gentle)	1-2pm (Yin) 6-7pm		9:30-10:30am (Chair) 11:30am-12:30pm (Gentle) 6:00-7:00PM (Outdoor Yoga)	8:30-9:30am

- 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.
- Please bring your own yoga mat and a towel.

ACTIVITY DESCRIPTIONS	
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 ADVANCED	This class is designed for those who have Yoga experience and would like to challenge themselves.
YOGA CHAIR	In chair yoga, traditional yoga poses are adapted so that they can be safely done sitting in a chair or using a chair for support, making yoga more accessible for people challenged by standing for long periods or mobility in moving to and from the floor.
YOGA FAMILY (8+)	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. <b>Children must be 8 years or older to attend.</b>
YOGA FLOW	A dynamic sequence of postures that synchronizes breath with movement and integrates awareness and alignment, as well as strength and flexibility.
YOGA GENTLE	A low intensity yoga which is ideal for beginners who want to learn more about yoga and work on flexibility.
YOGA PILATES FUSION	Increase your stability, strength, and flexibility while improving your mind-body connection with the combination of Yoga and Pilates
YOGA YIN	Explore gentle yoga poses coupled with an introduction to the popular style of Yin Yoga. This slow paced style of yoga focuses on the body's connective tissues; bones, ligaments and tendons, to increase circulation in the joints and improve overall flexibility. Suitable for all levels.
JOGA	Joga is an athletic based style of yoga that focuses on a unique blend of postures to find balance in strength & flexibility, a variety of breathing techniques to improve breath control/recovery, and relaxation tools to maintain a calm mind in sport and in life.

Revised: June 21, 2016