

CITY-WIDE DROP-IN ZUMBA SCHEDULE

SUMMER 2016 | JUL 3 – SEP 3

DROP-IN ZUMBA SCHEDULE				Family Friendly (8+) classes are in blue		All other classes are ages 13+	
FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
CENTRAL LIONS RECREATION CENTRE			5:30-6:30PM				
CLAREVIEW COMMUNITY RECREATION CENTRE	10:45-11:45AM	9:30-10:30AM 8:15-9:15PM	6:30-7:30PM	9:30-10:30AM 6:15 – 7:15PM	9:30-10:30AM	12:00-1:00PM 5:45-6:45PM	
COMMONWEALTH COMMUNITY RECREATION CENTRE	10-11AM	5:50-6:50PM 7:15-8:15PM		10:45-11:45AM 5:45 – 6:45PM	6-7PM		
JASPER PLACE FITNESS AND LEISURE CENTRE		5:50-6:50PM		5:50-6:50PM			
KINSMEN SPORTS CENTRE				6-7PM			10:05-11:05AM
LONDONDERRY FITNESS AND LEISURE CENTRE	10-11AM				11-12AM		
MILL WOODS RECREATION CENTRE					5:45 – 6:45PM	5:30-6:30PM	
TERWILLEGAR COMMUNITY RECREATION CENTRE	10-11AM	9-10AM 8:30-9:30PM (Zumba Step)	10:45-11:45AM (Zumba Gold) 5:45-6:45PM	9-10AM (Zumba Step) 5:45-6:45PM	1:30-2:30PM (Zumba Gold) 7:30-8:30PM	9-10AM	10-11AM 11:10-12:10PM
THE MEADOWS COMMUNITY RECREATION CENTRE		11:45-12:45AM (Zumba Gold) 7-8PM	9-10AM 5:45-6:45PM	7:45-8:45PM 11:45-12:45PM (Zumba Gold)	9-10AM 5:45-6:45PM	10:45 – 11:45AM	11:45-12:45AM 1-2PM

- 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.

ACTIVITY DESCRIPTIONS	
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 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.
ZUMBA STEP	All the cardio conditioning and lower-body workout you get from Step combined with a Zumba fitness-party!

Revised: June 20, 2016