

**ADULT/YOUTH | DRYLAND DROP-IN PROGRAM SCHEDULE**

| FALL 2019 | SEP 1 - DEC 21

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

**FACILITY HOURS ON STATUTORY HOLIDAYS : 8:00AM - 8:00PM**

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>ADMISSION DESK &amp; FITNESS CENTRE</b>	7AM-9PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7AM-9PM
<b>KIDS DEN (0-11YRS)</b>		8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-4PM	8:30AM-3PM
<b>OPEN GYM</b>	12-3:45PM 6-9PM	4-5:45PM	6-9AM 4-7:45PM	7-8:15PM	6-9AM 12-7:45PM	4-6PM	4-9PM
<b>OPEN TURF</b>	1:30-3:45PM	5-6:45PM	5-6:45PM	5-6:45PM	1:30-6:45PM	5-6:45PM	4-6:45PM

For Dedicated Sport times, including Badminton, Basketball, Pickleball and Table Tennis, see the City-Wide Dedicated Sport Drop-In Schedule

**DROP-IN DRYLAND SCHEDULE**

Standard classes are 60 minutes. 'Plus' classes (++) are more than 60 minutes. 'Express' classes (\*\*) are less than 60 minutes. For Program Descriptions and Intensity Ratings, please see below

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>ADAPTED2YOU (GYM)</b>		10:45-11:45AM					
<b>AMPED xx (S2)</b>				5-5:45PM			
<b>BARRE FIT xx (S2)</b>			9:30-10:15AM				
<b>CYCLE - REV(MPR5)</b>			6-6:45PM **	9-9:30AM **			
<b>CYCLE - SURGE (MPR5)</b>	10:15-11AM **	6-7PM		6:30-7:15AM **	6:15-7PM **		9:45-10:45AM
<b>CYCLE - VIRTUAL COACH (MPR 5)</b>	8-10AM 11:15AM-1PM 3-5PM 6-7:30PM	7:30-9:45AM 11AM-1PM 3:30-5:30PM 7:15-8:15PM	7:30-8:30PM 12-2PM 4-5:30PM 7-9PM	7:30-8:30AM 11AM-1PM 4:15-6:15PM	7:30-8:30AM 12-2PM 4-5:30PM 7:15-8:15PM	7:30-8:30AM 9:30-10:30AM 12-2PM 4-6:30PM	8-9:30AM 11AM-1PM 3-5PM 6:30-7:30PM
<b>ELEVATE (S2)</b>						6-7PM *Omit Sep 20*	
<b>EVOLVE xx (S2)</b>		9:15-10AM 5-5:45PM					
<b>FIT N' FUN! (S1)</b>					10:30-11:30AM		
<b>FLEXIBILITY &amp; MOBILITY xx (S2)</b>				10:15-10:35AM			11:50AM-12:10PM
<b>FORCE (S2)</b>	9-10AM		6-6:45PM **	9:40-10:10AM **		9:30-10:30AM	10:45-11:45AM
<b>HARD CORE</b>		10:05-10:25AM (S2) 7:10-7:30PM (S1)		7-7:20PM (S1)	10:05-10:25AM (S2)		
<b>IGNITE (S2) *SF = Stroller Friendly</b>			10:30-11:30AM *SF				
<b>INTENSITY - H.I.I.T. xx (S2)</b>					9:15-10AM 7:15-8PM		
<b>INTENSITY - TABATA xx</b>		6-6:45PM (GYM)		6-6:45PM (GYM)			
<b>PILATES BARRE (S2)</b>			4:50-5:50PM		4:50-5:50PM		
<b>STAIR CLIMBER (ST)</b>		6-7PM *Ends Sep 30*		6-7PM *Ends Oct 2*			
<b>STROLLER FIT (S2/FT)</b>					10:30-11:30AM		
<b>STRONG by ZUMBA™</b>				7:30-8:30PM (S1)	10:40-11:10AM (GYM)		
<b>YOGA - CHAIR (S1)</b>					11:45AM-12:45PM		
<b>YOGA - HATHA (S2)</b>		12-1PM		7:05-8:05PM	9:15-10:15AM (S1)		9-10:15AM++
<b>YOGA - HATHA GENTLE (S2)</b>	11:30AM-12:45PM ++	1:15-2:15PM					
<b>YOGA - HAPPY HIPPS (S1)</b>			7-7:45PM ** (S2)	9:30-10:30AM	7:15-8PM **		
<b>YOGA - YIN (S2)</b>				12:30-1:30PM		1:15-2:30PM	
<b>YOGA PILATES FUSION (S2)</b>		7:15-8:15PM	12-1PM			12-1PM	
<b>WALKING FIT (FT)</b>		6:30-7:30PM					9:15-10:15AM *Omit Sep 7*
<b>ZUMBA™ (S2)</b>	10:15-11:15AM	10:45-11:45AM 6-7PM		10:45-11:45AM 5:55-6:55PM	11:15-11:45AM (Gym) 6-7PM	10:45- 11:45AM	12:15-1:15PM

**\*NO Leader-led Programs on Statutory Holidays.** \*Schedule subject to change. Please visit [edmonton.ca/FacilityNotifications](http://edmonton.ca/FacilityNotifications) for updates on closures or class cancellations. **DOWNLOAD the Rec Centres Mobile App & Build your custom drop-in program schedule**, search for 'City Rec Centres' on the App Store ©, or Google Play ©. Or visit [edmonton.ca/FindYourFit](http://edmonton.ca/FindYourFit) for weekly drop-in schedules. **Revised September 3, 2019.**

## ADULT/YOUTH | DRYLAND DROP-IN PROGRAM SCHEDULE

| FALL 2019 | SEP 1 - DEC 21

ZUMBA™ - GOLD (S2)

1:15-2:15PM

ROOM DESCRIPTIONS : S1 = Studio 1. S2 = Studio 2. FT = Fieldhouse Track. CS = Commonwealth Stadium. MPR5 = Multi-Purpose Room 5.

*\*Yoga mats are not provided. A towel and/or blanket are recommended for relaxation/meditation portion of Yoga classes.*

## ACTIVITY DESCRIPTIONS &amp; INTENSITY RATING

ADAPTED2YOU	2-3	What skills are you trying to improve? Running, jumping, throwing, catching? Adapted2You will help you improve your Fundamental Movement Skills, build your confidence, and help you transition into our many City of Edmonton programs! Our instructor will work on different skills each week, adapting the movements to you and finding the best ways to help you be successful.
AMPED	3-4	Get your body AMPED up with heart-pumping cardio drills combined with resistance training exercises. These full-body workouts are both challenging and fun! Prepare to sweat and be pushed!
BARRE FIT	2-3	Get Barre Fit with this total-body class that incorporates isometric and mobility exercises. You'll get a solid leg shaking, arm blasting, everything-is-burning-and-I-want-to-cry workout.
CYCLE - REV	3-4	Rev up your cardio and overall conditioning with a fun group cycling class set to energizing music. Spin Bike Tickets (1/person) will be available 30 minutes prior to class time from the Admissions Desk.
CYCLE - SURGE	3-5	Watch your performance SURGE forward in this drill-focused cycle class. You will be challenged with a variety of interval drills utilizing rolling hills, sprints, climbs and much more! Spin Bike Tickets (1/person) will be available 30 minutes prior to class time from the Admissions Desk.
CYCLE - VIRTUAL COACH	2-4	Led by a virtual instructor who will coach you through your cycling workout as you explore various destinations around the world.
ELEVATE	3	ELEVATE your training with this total body circuit-style class that includes a variety of cardio, resistance and core training exercises. Maximize calorie burn and total body conditioning.
EVOLVE	3-4	Watch yourself EVOLVE in this progression-based class! Each month will have a different focus, building up to the month-end Challenge class, where you get to see how much you've evolved.
FIT N' FUN!	2-3	A variety of cardio and resistance exercises specifically designed for Persons with Disabilities.
FLEXIBILITY & MOBILITY	1-2	Increase range of motion, flexibility and mobility. This class will utilize various myofascial/trigger point techniques as well as stretching, range of motion and mobility exercises to get your body moving freely and without pain.
FORCE	3	Become a FORCE to be reckoned with in this strength-based class. More lean muscle means more calorie burn at rest! You will become a more efficient, fat-burning machine! No-cardio required to work hard in this class.
HARD CORE	2-3	Think you've got a HARD CORE?! Improve overall function while working through a variety of core-targeted exercises focusing on strength, stability and posture.
IGNITE	3	IGNITE your metabolism with a fun, well-rounded workout that will leave you feeling the burn. Alternate between cardio and resistance training exercises to increase your stamina and muscular endurance. For 'Stroller-Friendly' classes, all children must remain strollers.
INTENSITY - H.I.I.T.	4-5	Maximize your INTENSITY with our High Intensity Interval Training class. H.I.I.T. is an efficient way to scorch calories, even after class is done! Build cardiovascular fitness while improving muscular strength and overall endurance. A variety of interval intensities may be used. Prepare to get sweaty!
INTENSITY - TABATA	4-5	Take up the INTENSITY with this Tabata-timing style interval training class. Expect to push yourself to the max, utilizing intervals of 20 seconds of work with 10 seconds of rest.
PILATES BARRE	3	This total-body toning workout infuses elements of ballet, dance, Pilates, and Yoga to lengthen and strengthen the body. Pilates Barre will have a strong focus on Pilates movements to build core strength.
STAIR CLIMBER	3-4	Climb your way to the top! Boost your glutes and ignite your cardiovascular system with this stair climbing workout that is like no other. Subject to change based on inclement weather and Stadium events. Meet in the Lobby.
STROLLER FIT	3-4	Stroller Fit is a functional, total-body conditioning workout combining cardio and resistance training, designed for parents to exercise with their kids in tow. All children must remain strollers.
STRONG by ZUMBA™	3-4	Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.
WALKING FIT	2-3	Get fit with Walking Fit! Regular moderately-paced walking can increase brain function, elevate your mood, and improve overall health in so many ways. Who doesn't want to move better, think better, and feel better?
YOGA - CHAIR	1-2	Intended for everybody. Traditional yoga poses are adapted to be safely done in a chair or using a chair for support, making yoga accessible for people challenged by standing for long periods or mobility in moving to and from the floor.
YOGA - HATHA	2-3	Intended for beginners, those with special concerns or injuries and those who simply desire a slower pace in which to develop greater personal body and breath awareness with attention to alignment and detail. Learn more about yoga and improve flexibility, alignment, strength & balance in a gentle achievable practice that is relaxing, calming and stress-relieving.
YOGA - HATHA GENTLE	1-2	Intended for beginners, those with special concerns or injuries and those who simply desire a slower pace in which to develop greater personal body and breath awareness with attention to alignment and detail. Learn more about yoga and improve flexibility, alignment, strength & balance in a gentle achievable practice that is relaxing, calming and stress-relieving.
YOGA - HAPPY HIPS	2-3	Intended for everybody looking to increase their hip health. This class will focus on increasing flexibility, strength and stability of the hip joint, helping your hips feel happy and healthy.
YOGA - YIN	2-3	Intended for everybody looking for a deep release. Yin yoga is a meditative style of yoga, practiced mainly on the mat, where deep stretches are held for long periods to challenge the mind to surrender and allow the body to open. It focuses on the body's connective tissues; ligaments, tendons, and fascia – with the aim of increasing circulation in the joints and improving flexibility.
YOGA PILATES FUSION	3	Intended for everybody. Increase your stability, strength, and flexibility while improving your mind-body connection with the combination of Yoga and Pilates.



**\*NO Leader-led Programs on Statutory Holidays.** \*Schedule subject to change. Please visit [edmonton.ca/FacilityNotifications](http://edmonton.ca/FacilityNotifications) for updates on closures or class cancellations. **DOWNLOAD the Rec Centres Mobile App & Build your custom drop-in program schedule**, search for 'City Rec Centres' on the App Store ©, or Google Play ©. Or visit [edmonton.ca/FindYourFit](http://edmonton.ca/FindYourFit) for weekly drop-in schedules. **Revised September 3, 2019.**

## ADULT/YOUTH | DRYLAND DROP-IN PROGRAM SCHEDULE

| FALL 2019 | SEP 1 - DEC 21

ZUMBA™	3	Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.
ZUMBA™ - GOLD	2-3	Featuring Latin rhythms, Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, those with limited mobility, as well as those just starting their journey to a fit and healthy lifestyle.

INTENSITY RATING SCALE: 1 = V.Light Intensity | 2 = Light Intensity | 3 = Moderate Intensity | 4 = Vigorous Intensity | 5 = Max Effort Intensity

