

# CITY WIDE DROP IN INTERVAL-BASED SCHEDULE | FALL 2019 | SEP 1 - DEC 21

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

## DROP-IN INTERVAL-BASED PROGRAM SCHEDULE

For Program Descriptions and Intensity Ratings, please see below.

AMPED = BLACK | ELEVATE = PURPLE | EVOLVE = GREEN | GRIT = BLUE | IGNITE = ORANGE | INTENSITY = RED

FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
<b>CLAREVIEW COMMUNITY RECREATION CENTRE</b>		9:15-10:15AM 6-6:45PM xx 7:15-8PM xx (TABATA)	9:15-10:15AM 6:15-7PM xx	11-11:45AM xx (H.I.I.T. THE STEP!) *STARTS SEP 18*	9:15-10:15AM 7:15-8PM xx (H.I.I.T. THE STEP!) *STARTS SEP 12*	10:30-11:30AM (Stroller Friendly) 10:45-11AM xx (H.I.I.T. THE STEP!)	9:15-10AM xx (H.I.I.T.)
<b>COMMONWEALTH COMMUNITY RECREATION CENTRE</b>		9:15-10AM xx 5-5:45PM xx 6-6:45PM xx (TABATA)	10:30-11:30AM (Stroller Friendly)	5-5:45PM xx 6-6:45PM xx (TABATA)	9:15-10AM xx (H.I.I.T.) 7:15-8PM xx (H.I.I.T.)	6-7PM *Omit Sep 20*	
<b>HARDISTY FITNESS &amp; LEISURE CENTRE</b>	9-10:15AM++						
<b>KINSMEN SPORTS CENTRE</b>		9:30-10:30AM 12:10-12:55PM xx 6-7PM	8-9AM 6-6:45PM xx (TABATA) 7-8PM	9:30-10:30AM 6:15-7PM xx	8-9AM 6-6:45PM xx (TABATA) 7-8PM *Ends Sep 26*	9:25-10:25AM 5:30-6:15PM xx (H.I.I.T.)	8-9AM 11:15AM- 12PM xx (H.I.I.T. THE STEP!)
<b>LONDONDERRY LEISURE CENTRE</b>		7:30-8PM xx (TABATA)		6:15-7PM xx			
<b>MILL WOODS RECREATION CENTRE</b>		6:30-7:15PM xx (H.I.I.T.)			7:15-8PM xx (TABATA)		
<b>ST FRANCIS XAVIER SPORTS CENTRE</b>		8-9AM 6-7PM		8-9AM 6-7PM		8-9AM	10-11AM
<b>TERWILLEGAR COMMUNITY RECREATION CENTRE</b>	8:45-9:45AM	9-10AM 11:30AM- 12:30PM (Stroller Friendly) 6:15-7PM (H.I.I.T. THE STEP!) 6:10-7:10PM 7:15-8PM xx	6:35-7PM xx 9-10AM 9-10AM 10:15-11:15AM	6-6:45AM xx 9-9:45AM xx (H.I.I.T.) 9:15-10:15AM 11:30AM- 12:30PM (Stroller Friendly) 7:15-8:15PM	9-10AM 9:15-10:15AM 6-6:45PM xx (TABATA)	6-6:45AM xx 9:15-10:15AM 6-7PM	10-10:45AM xx (TABATA)
<b>THE MEADOWS COMMUNITY RECREATION CENTRE</b>		9:15-10:15AM 5-5:45PM xx (H.I.I.T. THE STEP!) 6-6:45PM xx	5-5:45PM xx 7:15-8PM xx (H.I.I.T.)	10:45-11:30AM xx (H.I.I.T. THE STEP!) 5-5:45PM xx (H.I.I.T. THE STEP!)	9:15-10AM 10:40-11:10AM xx (TABATA)	9-10AM 5:45-6:30PM xx (TABATA)	10:35-11:35AM



\*NO Leader-led Programs and Kid's Den 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 August 28, 2019.**

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		(TABATA) 7-8PM		6-6:30PM xx (TABATA) 7-8PM 7:15-8PM xx	5-5:45PM xx		
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ACTIVITY DESCRIPTIONS & INTENSITY RATING		
<b>AMPED</b>	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! In good weather, classes may go outside.
<b>ELEVATE</b>	3	Try out this total body interval-style class that targets your entire body with a variety of cardio, strength, plyometric and core training exercises. Maximize calorie burn and total body conditioning.
<b>EVOLVE</b>	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.
<b>GRIT</b>	4-5	Think you've got GRIT? Challenge your body and exceed what you thought was possible in this hard hitting circuit-style class. Through a variety of cardio, strength, plyometric and core training exercises, feel the burn and push the limits.
<b>IGNITE</b>	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.
<b>INTENSITY - H.I.I.T.</b>	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!
<b>INTENSITY - H.I.I.T. the STEP!</b>	3-5	Step up your game! Improve your cardio fitness, agility and coordination. Get your heart pumping by using the STEP for intervals, plyometrics, strength and balance drills. All levels welcome. No prior step experience required.
<b>INTENSITY - TABATA</b>	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.
NSITY RATING SCALE: 1 = V.Light Intensity Exercise   2 = Light Intensity   3 = Moderate Intensity   4 = Vigorous Intensity   5 = Max Effort Intensity		



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