LONDONDERRY FITNESS & LEISURE CENTRE

City of Edmonton Recreation centres | Edmonton

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
ADMISSION DESK	7AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-10PM
FITNESS CENTRE	7AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-10PM

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
FORCE (ST)		6-6:45PM xx					
HARD CORE (ST)		7-7:20PM					
INTENSITY - TABATA (ST)		7:30-8PM xx					
IGNITE (ST)				6-7PM xx			
STEP - INT/ADV (ST)							8:45-9:55AM ++
YOGA - HATHA (ST)			6:15-7:15PM	7:30-8:30PM	7:30-8:30PM		
ZUMBA™ (ST)	10-11AM				11AM-12PM		
ZUMBA™ - GOLD (ST)					6:15-7:15PM		

ROOM DESCRIPTION : ST = STUDIO

ACTIVITY DESCRIPTIONS & INTENSITY RATING

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.
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.
STEP - INT/ADV	**3-4**	Step up your cardio with this choreographed high energy class that uses a step platform to strengthen and shape the lower body, one step at a time. This is an Intermediate to Advanced class. Some Step experience is recommended.
YOGA - HATHA	**3**	Intended for everybody. Hatha Yoga refers to the origins of all yoga styles. It includes a wide range of movements and postures that stretch, strengthen, align and stimulate all systems of the body. This practice is a great compliment to any form of physical activity, for those who wish to maintain and deepen their existing yoga practice and for those who are new to yoga.
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 Exercise | 2 = Light Intensity | 3 = Moderate Intensity | 4 = Vigorous Intensity | 5 = Max Effort Intensity

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

☆ *NO **Leader-led Programs on Statutory Holidays**. *Schedule subject to change. Please visit 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 for weekly drop-in schedules. ***Revised September 9, 2019.***