MILL WOODS RECREATION CENTRE

ACTIVE OLDER ADULT | DRYLAND DROP-IN PROGRAM SCHEDULE | WINTER 2020 | JAN 5 - APR 4

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS, BUT SUITED FOR OLDER ADULTS

FACILITY HOURS ON STATUTORY HOLIDAYS : 11AM - 7PM							
	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7AM-9PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-9PM
FITNESS CENTRE	7AM-9PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-9PM

DROP-IN DRYLAND SCHEDULE

For Program Descriptions and Intensity Ratings, please see below

	SUN	MON	TUE	WED	THU	FRI	SAT
ALL IN 60				9-10AM			
IGNITE - GOLD		9-10AM				9-10AM	
YOGA - HATHA		7:30-8:30PM		7:30-8:30PM			

DROP-IN AQUATIC SCHEDULE

LANE SWIM	7-9AM 6L	5:30-9AM 6L 8-10PM 6L	5:30-8:30AM 6L 9-10PM 6L	5:30-9AM 6L 8-10PM 6L	5:30-8:30AM 6L 9-10PM 6L	5:30-9AM 6L WAVES 8:45-9AM	7-9AM 6L
DEEP WATER AQUAFIT	10:30-11:30AM	9-10AM 7-8PM	8:30-9:30AM	9-10AM 7-8PM	8:30-9:30AM	9-10AM	
SHALLOW WATER AQUAFIT		9-10AM	8:30-9:30AM	9-10AM	8:30-9:30AM	9-10AM	

Please bring your own yoga mat and a towel. Yoga programs are held in multi-use studios and may be cool. Warmer clothing is recommended.

Please arrive early to your group fitness class. Space and equipment may be limited and are available on a first-come-first-served basis. To be fair to others, please do not save extra spots for your friends.

ACTIVITY DESCRIPTIONS & INTENSITY RATING (All Dryland classes located in the Program Room)

DEEP WATER AQUAFIT	2-4	An aqua belt suspends you so that your whole body gets a total workout. Good for those with joint or injury concerns. Also known as Aquajog.
LANE SWIM		ALL AGES WELCOME. A fitness oriented swim with lanes committed to swimming laps
SHALLOW WATER AQUAFIT	1-3	Get fit! Aquafit is a fun and energetic aerobic exercise class that uses the water for resistance. Low to zero impact is easy on bones and joints. A one-hour class set to music and taught by certified instructors. Work at your own pace, no swimming skills required.
ALL IN 60	3	Get it all! Cardio, Strength and Flexibility all in 60 minutes! 20 minutes of cardio, 20 minutes of resistance training and 20 minutes of core & stretching. Enjoy a variety of different fitness styles each week.
IGNITE - GOLD	3	IGNITE your metabolism with a fun, well-rounded workout that will leave you feeling the burn. Alternate between low-impact cardio and resistance exercises specifically designed for the active older adult. Increase your stamina and muscular endurance.
YOGA - HATHA	2-3	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.

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

*NO **Leader-led Programs on Statutory Holidays**. *Schedule subject to change. Please visit edmonton.ca/FacilityNotifications for updates on closures or class cancellations and Visit movelearnplay.edmonton.ca for weekly drop-in schedules. ***Revised January 28, 2020.***