

ACTIVE OLDER ADULT | DRYLAND DROP-IN PROGRAM SCHEDULE | SPRING 2019 | MAR 31 - JUN 29

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

FACILITY HOURS ON STATUTORY HOLIDAYS : 8AM - 8PM

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7AM-9PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7AM-9PM
FITNESS CENTRE	7AM-9PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7AM-9PM
OPEN GYM		4-5:45PM	4-6PM		12-5PM	4-6PM	4-9PM
OPEN TURF	1:30-3:45PM	5-6:45PM	5-6:45PM	5-6:45PM	1:30-6:45PM	5-6:45PM	4-6:45PM

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

DROP-IN DRYLAND SCHEDULE

For Program Descriptions and Intensity Ratings, please see below.

	SUN	MON	TUE	WED	THU	FRI	SAT
WALKING FOR HEALTH (FT)		6:30-7:30PM					9:15-10:15AM
YOGA - CHAIR (S1)				10:45-11:45AM			
YOGA - HATHA (S2)		12-1PM		6:55-7:55PM	9:15-10:15AM (S1)		9-10:15AM++
YOGA - HATHA GENTLE (S2)	11:30AM-12:45PM ++	1:15-2:15PM					
YOGA - HAPPY HIPS (S1)			7-7:45PM	9:30-10:30AM	7:15-8PM xx		

DROP-IN AQUATIC SCHEDULE

LANE SWIM	7AM-9PM 2L	6AM-10PM 2L	6AM-10PM 2L	6AM-10PM 2L	6AM-10PM 2L	6AM-10PM 2L	7AM-9PM 2L
SHALLOW WATER AQUAFIT		11AM-12PM 5-6PM		11AM-12PM 5-6PM		11AM-12PM 5-6PM	
HOT TUB & STEAM ROOM	7AM-9PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7AM-9PM

ROOM DESCRIPTIONS : S1 = Studio 1. S2 = Studio 2. FT = Fieldhouse Track.



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WALKING FOR HEALTH	2-4	Increase muscular strength, build stronger bones and enhance cardiovascular fitness with this low impact walking class. Some portable equipment may be used. In good weather class may go outside.
YOGA - CHAIR	1-3	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 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.
YOGA - HATHA GENTLE	1-3	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 - 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.
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.
WATER WORKS		Water Works is an aquatic exercise program specifically for people with muscle, joint or mobility problems. A trained instructor takes participants through soothing, slow movements in the swimming pool, all accompanied by soft music. Relieve stiffness, increase flexibility, and restore or maintain muscle strength. Water Works is safe and easy, and perfect for arthritis or fibromyalgia sufferers.

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.*

