

ADULT/YOUTH | DRYLAND DROP-IN PROGRAM SCHEDULE | SPRING 2019 | MAR 31 - JUN 29

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 FITNESS CENTRE	7AM-9PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	6AM-10PM	7AM-9PM
KIDS DEN (0-11YRS)		8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-4PM	8:30AM-3PM
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

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
BOOT CAMP (S2/FT)			10:30-11:30AM Stroller Friendly				
CIRCUIT TRAINING (S2)						6-7PM	
CORE EXPRESS		10:05-10:25AM (S2) 7:10-7:30PM (S1)		7-7:20PM (S1)	10:05-10:25AM (S2)		
FLEXIBILITY & MOBILITY xx (S2)				10:15-10:35AM			11:50AM-12:10PM
H.I.I.T. (S2)		9:15-10AM **			9:15-10AM ** 7:15-8PM **		
SPIN (MPR 5)	9:30-10:30AM	6-7PM	6-6:45PM **	6:30-7:15AM ** 9-9:30AM **	6:15-7PM**		9:45-10:45AM
SPIN - VIRTUAL COACH (MPR 5)	8-9:15AM 11AM-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
PILATES BARRE (S2)			4:50-5:50PM		4:50-5:50PM		
STEP - BASICS(S1)		5:30-6:30PM					
STROLLERIZE (S2/FT)					10:30-11:30AM		
TABATA INTERVAL TRAINING (GYM)		6-6:45PM **		6-6:45PM **			
TOTAL BODY BARRE (S2)			9:30-10:15AM **				
TOTAL BODY STRENGTH (S2)	9-10AM		6-6:45PM xx	9:40-10:10AM **		9:30-10:30AM	10:45-11:45AM
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 (S2)	9:30-10:30AM	7:15-8PM		
YOGA - YIN (S2)				12:30-1:30PM		1:15-2:30PM	
YOGA PILATES FUSION (S2)		7:15-8:15PM	12-1PM			12-1PM	
WALKING FOR HEALTH (FT)		6:30-7:30PM					9:15-10:15AM
ZUMBA™ (S2)	10:15-11:15AM	10:45-11:45AM 6-7PM		10:45-11:45AM 5:45-6:45PM	6-7PM	10:45- 11:45AM	12:15-1:15PM
ZUMBA™ - STRONG				7:30-8:30PM (S1)	10:45-11:45AM (GYM)		

ROOM DESCRIPTIONS : s1 = Studio 1. S2 = Studio 2. FT = Fieldhouse Track. CS = Commonwealth Stadium. SF* = Stroller Friendly

***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 March 5, 2019.**

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ACTIVITY DESCRIPTIONS & INTENSITY RATING

BOOT CAMP	3-5	Heart-pumping cardio drills combined with strength exercises using a variety of equipment. These full-body workouts are both challenging and fun! Prepare to sweat and be pushed! For 'Stroller-Friendly' classes, all children must remain strollers.
CIRCUIT TRAINING	3-5	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.
CORE EXPRESS	1-3	Get to the CORE of the matter. Improve overall function while working through a variety of core-targeted exercises focusing on strength, stability and posture.
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.
H.I.I.T.	4-5	H.I.I.T. is a full-body workout of rigorous interval training with high-intensity exercises. H.I.I.T. will build cardiovascular fitness while improving muscular strength and overall endurance. A variety of interval intensities may be used. Prepare to get sweaty!
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.
SPIN	3-5	Rev up your cardio and overall conditioning with a fun group cycling class set to energizing music. You will be challenged with a variety of interval drills utilizing rolling hills, sprints, climbs and much more! Spin Bike Tickets will be available 30 minutes prior to class time. Please pick up one ticket per person per class from the Admissions Desk. Instructors will collect tickets prior to class commencing
SPIN – 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.
STEP - BASICS	2-5	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. Please see the schedule for the class title to determine the level of this class.
STROLLERCIZE	2-4	Strollercize is a functional, total-body conditioning workout combining cardio and strength, designed for parents to exercise with their kids in tow. All children must remain strollers.
TABATA INTERVAL TRAINING	4-5	Tabata will take you through a total body workout that is fast paced and guaranteed to make you sweat! Each set is four minutes long alternating between twenty seconds of maximum effort followed by ten seconds of rest for a total of eight rounds.
TOTAL BODY BARRE	2-4	This total-body toning workout infuses elements of ballet, dance, Pilates, and Yoga to lengthen and strengthen the body.
TOTAL BODY STRENGTH	3-4	Improve your strength and stability with a variety of exercises utilizing your body weight and weighted equipment. No-cardio required to work hard in this class!
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, this 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 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 mats are not provided.
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	2-4	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 mats are not provided.
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.
ZUMBA™	2-4	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™ - STRONG	3-5	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.

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.



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