

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

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

**FACILITY HOURS ON STATUTORY HOLIDAYS : 7AM - 9PM**

|                                | SUN            | MON            | TUE            | WED            | THU            | FRI            | SAT            |
|--------------------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| <b>ADMISSION DESK</b>          | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM |
| <b>FITNESS CENTRE</b>          | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM |
| <b>EDMONTON PUBLIC LIBRARY</b> | 1-5PM          | 10AM-9PM       | 10AM-9PM       | 10AM-9PM       | 10AM-9PM       | 10AM-9PM       | 10AM-9PM       |
| <b>OPEN GYM</b>                | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM |

FOR DEDICATED DROP-IN SPORT TIMES, INCLUDING BADMINTON, BASKETBALL, PICKLEBALL, VOLLEYBALL AND TABLE TENNIS PLEASE 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 |
|--|-------------------------------|---------------|------------------------------|-----------------|------------------------------|---------------|-----|
| <b>LIVING FIT (MPR4)</b>                 |                               | 1:15-2:15PM   |                              |                 | 10:30-11:30AM                |               |     |
| <b>WALKING FOR HEALTH (TK)</b>           |                               |               | 9:30-10:30AM                 |                 |                              | 9:15-10:15AM  |     |
| <b>YOGA – CHAIR (MPR2)</b>               |                               |               |                              | 11:30AM-12:30PM |                              |               |     |
| <b>YOGA - HAPPY HIPS (MPR2)</b>          |                               |               | 10:30-11:15AM<br>6:30-7:15PM | 10:30-11:15AM   |                              |               |     |
| <b>YOGA - HATHA (MPR2)</b>               | 9:30-10:30AM<br>10:45-11:45AM | 7-8PM         | 9:15-10:15AM                 | 9:15-10:15AM    | 10:30-11:30AM<br>6:30-7:30PM | 9:15-10:15AM  |     |
| <b>YOGA - HATHA GENTLE (MPR2)</b>        |                               | 10:45-11:45AM | 12-1PM                       |                 |                              | 10:30-11:30AM |     |
| <b>YOGA - RELAX &amp; RESTORE (MPR2)</b> | 7-8PM                         |               | 7:30-8:30PM                  |                 |                              |               |     |
| <b>ZUMBA™ - GOLD (MPR4)</b>              |                               |               | 10:30-11:30AM                |                 |                              |               |     |

**ROOM DESCRIPTIONS :** \*Gym: Gymnasium, \*MPR3: Multi-Purpose Room 3, \*MPR4: Multi-Purpose Room 4, \*MPR6: Multi-Purpose Room 6. \*TK: Track**DROP-IN AQUATIC SCHEDULE**

|                      |               |   |  |   |  |                              |                           |
|----------------------|---------------|---|--|---|--|------------------------------|---------------------------|
| <b>LANE SWIM</b>     | 5:30AM-2PM 4L | 5:30-9AM 4L<br>9AM-6:45PM 3L<br>9-10PM 4L | 5:30-9AM 4L<br>9AM-8PM 3L<br>8-10PM 4L | 5:30-9AM 4L<br>9AM-6:45PM 3L<br>9-10PM 4L | 5:30-9AM 4L<br>9AM-8PM 3L<br>8-10PM 4L | 5:30-9AM 4L<br>9AM-6:45PM 3L | 5:30-9AM 4L<br>9AM-2PM 3L |
| <b>LANE SWIM 25M</b> | 5:30AM-2PM 4L | 5:30-9AM 4L<br>9AM-6:45PM 3L<br>9-10PM 4L | 5:30-9AM 4L<br>9AM-8PM 3L<br>8-10PM 4L | 5:30-9AM 4L<br>9AM-6:45PM 3L<br>9-10PM 4L | 5:30-9AM 4L<br>9AM-9PM 3L<br>8-10PM 4L | 5:30-9AM 4L<br>9AM-6:45PM 3L | 5:30-9AM 4L<br>9AM-2PM 3L |

 **\*NO Leader-led Programs 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 March 18, 2019.**

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

|                                     |                |                 |       |                 |       |             |                |
|-------------------------------------|----------------|-----------------|-------|-----------------|-------|-------------|----------------|
| <b>LANE SWIM (22M)</b>              | 2:15-8:45PM 3L | 7-8:45PM 3L     |       | 7-8:45PM 3L     |       | 7-9:45PM 3L | 2:15-9:45PM 3L |
| <b>DEEP WATER AQUAFIT</b>           |                |                 | 8-9AM |                 | 8-9AM |             |                |
| <b>GENTLE SHALLOW WATER AQUAFIT</b> |                | 12-1PM<br>6-7PM |       | 12-1PM<br>6-7PM |       | 12-1PM      |                |

**ACTIVITY DESCRIPTIONS & INTENSITY RATING**

|                                       |            |   |
|---------------------------------------|------------|---|
| <b>DEEP WATER AQUAFIT</b>             | <b>2-4</b> | An aquabelt suspends you so that your whole body gets a total workout. Good for those with joint or injury concerns. Also known as Aquajog.   |
| <b>LANE SWIM</b>                      |            | ALL AGES WELCOME. A fitness oriented swim with lanes committed to swimming laps.  |
| <b>GENTLE SHALLOW WATER AQUAFIT</b>   | <b>1-3</b> | 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.   |
| <b>LIVING FIT</b>                     | <b>2-3</b> | Exercises specifically designed for the active older adult. A variety of cardio and resistance training exercises will keep you moving and strong for the daily activities of life.   |
| <b>WALKING FOR HEALTH</b>             | <b>2-4</b> | 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.   |
| <b>YOGA - CHAIR</b>                   | <b>1-3</b> | 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.  |
| <b>YOGA - HATHA</b>                   | <b>2-3</b> | 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. |
| <b>YOGA - HATHA GENTLE</b>            | <b>1-3</b> | 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. |
| <b>YOGA - HAPPY HIPS</b>              | <b>2-3</b> | 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.  |
| <b>YOGA - RELAX RESTORE (R&amp;R)</b> | <b>1-2</b> | Intended for everybody. Relax & Restore your body and mind. R&R is a blended Yin and Restorative-style deep stretch and meditative focused class. This class promotes deep tranquility for the body and mind through supportive poses with the use of props so that you can relax completely and open gently.   |
| <b>ZUMBA™ - GOLD</b>                  | <b>1-3</b> | Featuring Latin rhythms, Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.   |

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