

ADULT/FAMILY/YOUTH | PRE-REGISTERED GROUP FITNESS PROGRAM SCHEDULE

| FALL 2020 | OCT 13, 2020

FACILITY HOURS ON STATUTORY HOLIDAYS : 8AM - 5PM

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	9AM-5PM	6:30AM-8:00PM	6:30AM-8:00PM	6:30AM-8:00PM	6:30AM-8:00PM	6:30AM-7:00PM	7:30AM-6:00PM
FITNESS CENTRE BOOKINGS AVAILABLE	9AM-5PM	6:30AM-8:00PM	6:30AM-8:00PM	6:30AM-8:00PM	6:30AM-8:00PM	6:30AM-7:00PM	7:30AM-6:00PM
COURT (GYM) BOOKINGS AVAILABLE	9AM-5PM	6:30AM-8:00PM	6:30AM-8:00PM	6:30AM-8:00PM	6:30AM-8:00PM	6:30AM-7:00PM	7:30AM-6:00PM
Please see movelearnplay.edmonton.ca for more information on court bookings.							

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS.

PRE-REGISTERED GROUP FITNESS PROGRAM SCHEDULEFamily Friendly (8+) classes are in **PINK**. For Program Description, please see below.

	SUN	MON	TUE	WED	THU	FRI	SAT
CORE BURST			10:30-11AM Zhouhara H.				
H.I.I.T.							9:30-10:15AM Courtney L.
STRONG NATION™					6:45-7:45PM Vincent C.		
TABATA & STRENGTH				9:45-10:45AM Elaine B.			
TOTAL BODY BLAST		6:45-7:45PM Brett H.	9:15-10:15AM Zhouhara H.		9:15-10:15AM Zhouhara H.		
YOGA - FLOW				6:45-7:45PM Rouba E.			
YOGA - HATHA	10:45-11:45AM Rouba E.						
ZUMBA™		9:45-10:45AM Lisette C.	6:45-7:45PM Lisette C.				10:45-11:45AM Lisette C.
ZUMBA™ GOLD					10:30-11:30AM Damara L.		

****Please register for your class on movelearnplay.edmonton.ca to ensure your spot in your group fitness class.****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 register for your class on movelearnplay.edmonton.ca to ensure your spot in your group fitness class. Space and equipment may be limited to ensure 3m physical distancing between each participant.*

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ACTIVITY DESCRIPTIONS

CORE BURST	Build and maintain a strong base. A strong core can help prevent neck, back and hip pain. Nothing core-ny about that! Improve overall function while working through a variety of core-targeted exercises focusing on strength, stability and posture.
H.I.I.T.	Maximize your INTENSITY with our High-Intensity Interval Training class. H.I.I.T. is an efficient way to scorch calories, even after class is done! Build cardiovascular fitness while improving muscular strength and overall endurance. A variety of interval intensities formats may be used. Prepare to get sweaty!
STRONG NATION™	Stop counting the reps, start training to the beat. STRONG Nation® combines bodyweight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.
TABATA & STRENGTH	Get the best of both worlds by combining H.I.I.T and strength. Utilize the Tabata protocol of 20 seconds of HARD work and 10 seconds of rest for half of the class, then give your cardiovascular system a rest while building up your strength.
TOTAL BODY BLAST	IGNITE your metabolism with a fun, well-rounded workout that will leave you feeling the burn. Combine cardio and resistance training exercises to increase your strength and stamina.
YOGA - FLOW	Intended to be the perfect place to begin and gain comfort and confidence with flow style yoga. While connecting breath to movement, we flow from pose to pose at a slower pace to build flexibility, strength and mindfulness, at times pausing to investigate poses and bring awareness to the specifics of alignment. This class will build strength, stamina and deepen balance. Equipment is not provided. Please bring your own yoga mat, towel and props such as blocks and straps, if possible.
YOGA - HATHA	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, from those who wish to maintain and deepen their existing yoga practice to those who are new to yoga. Equipment is not provided. Please bring your own yoga mat, towel and props such as blocks and straps, if possible.
ZUMBA™	Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-stye, 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	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.

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