

ADULT/YOUTH | PRE-REGISTERED GROUP FITNESS PROGRAM SCHEDULE

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

FACILITY HOURS ON STATUTORY HOLIDAYS : 8AM - 8PM

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	8AM-5PM	6AM-1:30PM 4PM-10PM	6AM-1:30PM 4PM-10PM	6AM-1:30PM 4PM-10PM	6AM-1:30PM 4PM-10PM	6AM-1:30PM 4PM-7PM	7AM-5:30PM
FITNESS CENTRE	8AM-5PM	6AM-1:30PM 4PM-10PM	6AM-1:30PM 4PM-10PM	6AM-1:30PM 4PM-10PM	6AM-1:30PM 4PM-10PM	6AM-1:30PM 4PM-7PM	7AM-5:30PM
KIDS DEN (0-11YRS)							
OPEN GYM	8AM-5PM	6AM-1:30PM 4PM-10PM	6AM-1:30PM 4PM-10PM	6AM-1:30PM 4PM-10PM	6AM-1:30PM 4PM-10PM	6AM-1:30PM 4PM-7PM	7AM-5:30PM
OPEN TURF	8AM-5PM	6AM-1:30PM 4PM-10PM	6AM-1:30PM 4PM-10PM	6AM-1:30PM 4PM-10PM	6AM-1:30PM 4PM-10PM	6AM-1:30PM 4PM-7PM	7AM-5:30PM

PRE-REGISTERED GROUP FITNESS PROGRAM SCHEDULE All programs have limited spaces to ensure physical distancing of 3m between participants, please register on movelearnplay.edmonton.ca to ensure your spot in the class. For Program Descriptions, please see below.

	SUN	MON	TUE	WED	THU	FRI	SAT
ALL ARMS BURST					6:00-6:30PM Brett H.		
BOOT CAMP							9:00-10:15AM Meshkin & Abena
CYCLE - BLAST	8:30-9:30AM Jari P.						
CYCLE & STRENGTH					9:15-10:15AM Cindy T. 6:45-7:45PM Brett H.		
ADAPTED FITNESS						12:00-1:00PM Cindy T.	
GLUTE CAMP BURST		5:15-5:45PM Glute Camp Meshkin & Ioana					
TABATA		6:00-6:45PM Meshkin & Ioana					
TABATA & STRENGTH			9:15-10:15AM Courtney L.				
TOTAL BODY STRENGTH							
YOGA - HATHA			6:45-7:45PM Rouba E.				
ZUMBA™	10:00-11:00AM Ioana D.			10:45-11:45AM Vincent C. 7:15-8:15PM Vincent C.		10:45-11:45AM Vincent C (Field House)	

****Please register for your class on movelearnplay.edmonton.ca to ensure your spot in your group fitness class.**

**Please bring your own yoga mat, towel and props such as blocks and straps, if possible. 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.*

**Masks are required before and after your class. Please ensure you are practicing physical distancing and not gathering before or after the class.*



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ACTIVITY DESCRIPTIONS

ALL ARMS BURST	30 minutes dedicated to those bi's, tri's, shoulders, back and chest. Upper body strength is important to ensure you are able to lift, push and pull your way through all of life's challenges. You are going to need a plumber after this class....because those pipes are going to burst!
BOOT CAMP	Challenge your mental and physical strength with heart-pumping cardio drills combined with bodyweight and resistance training exercises. These dynamic, full-body boot camp-style workouts are both challenging and fun. Prepare to sweat and be pushed!
CYCLE - BLAST	This multi-level class has something for everyone. Complete with ups and downs, bursts of intervals, and long slow endurance this class is packed with drills and thrills to keep you on the edge of your seat.
CYCLE & STRENGTH	Get the best of both worlds by combining indoor cycling and strength. Challenge your cardio with a variety of interval drills utilizing rolling hills, sprints, climbs and much more. Then slow things down and focus on bodyweight and resistance training to improve your strength.
ADAPTED FITNESS	Adapted Fitness includes a wide range of fun activities designed to get you moving. This class is geared towards people with cognitive, developmental or physical disabilities.
GLUTE CAMP BURST	Never skip leg day! Build a strong lower body with this glute and leg focused workout. Improve lower body and core strength, prevent lower back, hip and knee pain, and function more effectively in your daily activities. Warning... legs may feel shaky after this burst!
TABATA	Never skip leg day! Build a strong lower body with this glute and leg focused workout. Improve lower body and core strength, prevent lower back, hip and knee pain, and function more effectively in your daily activities. Warning... legs may feel shaky after this burst!
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 STRENGTH	Become a force to be reckoned with in this strength-based class. More lean muscle means more calorie burn at rest! You will become a more efficient, fat-burning machine! No-cardio required to work hard in this class.
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-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.

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