

**ADULT/YOUTH | DRYLAND DROP-IN PROGRAM SCHEDULE**

| **SPRING 2019 | MAR 31 - JUN 29**

DOWNLOAD THE REC CENTRES MOBILE APP & BUILD YOUR CUSTOM DROP-IN PROGRAM SCHEDULE! AVAILABLE FOR IOS & ANDROID DEVICES

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

**FACILITY HOURS ON STATUTORY HOLIDAYS : 8:00AM - 8:00PM**

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>ADMISSION DESK</b>	6AM-10PM	5:30AM-10:15PM	5:30AM-10:15PM	5:30AM-10:15PM	5:30AM-10:15PM	5:30AM-11:45PM	6AM-4PM
<b>FITNESS CENTRE</b>	9AM-9AM 10:15AM-10PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-12AM	6AM-4PM

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
<b>CIRCUIT TRAINING (FC)</b>	9-10:15AM++						

**ROOM DESCRIPTION :** FC = FITNESS CENTRE

**ACTIVITY DESCRIPTION & INTENSITY RATING**

<b>CIRCUIT TRAINING</b>	<b>2-4</b>	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. Note: maximum of 18 spaces available in class; first come, first serve.
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**INTENSITY RATING SCALE:** 1 = V.Light Intensity Exercise | 2 = Light Intensity | 3 = Moderate Intensity | 4 = Vigorous Intensity | 5 = Max Effort Intensity



\*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 5, 2019.**