

ACTIVE OLDER ADULT | DRYLAND 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 : 8AM - 8PM

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------------------|------------|----------------|----------------|----------------|----------------|----------------|---------------|
| ADMISSION DESK | 7AM-9:30PM | 5:30AM-10PM | 5:30AM-10PM | 5:30AM-10PM | 5:30AM-10PM | 5:30AM-10PM | 6:30AM-9:30PM |
| FITNESS CENTRE | 7AM-10PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 6:30AM-10PM |

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 |
|---------------------------------|-------------------|-----------------------------|-------------------|---------------------|--------------------|--------------|----------------|
| LIVING FIT (PS) | | 9:15-10:15AM | | 9:15-10:15AM | 10:55-11:55AM | 9:15-10:15AM | |
| PILATES (PS) | | | 12-1PM | 11AM-12PM | 2:30-3:30PM | | |
| TAI CHI (PS) | | | 10:45-11:45AM | | | | |
| WALKING FOR HEALTH (TR) | | | 9:15-10:15AM | | | | |
| YOGA - HAPPY HIPS (KR) | | 6-6:45PM xx | | 1:30-2:30PM (PS) | | | |
| YOGA - HATHA (PS) | 3:30-4:45PM ++ | 10:45AM-12PM ++ 7-8PM | 6:30-7:45PM ++ | | 9:15-10:45AM ++ | 12-1:15PM ++ | 2-3:15PM ++ |
| YOGA PILATES FUSION (PS) | | | | | 12-1PM | | |

ROOM DESCRIPTIONS: *FH = Field House | *KR = Kinetite Room | *PS = Program Studio | *TR = Lower Track |**DROP-IN AQUATIC SCHEDULE**

| | | | | | | | |
|----------------------------------|----|---------|----|---------|----|---------|----|
| LANE SWIM 50M | ** | ** | ** | ** | ** | ** | ** |
| LANE SWIM 25M | ** | ** | ** | ** | ** | ** | ** |
| SHALLOW WATER AQUAFIT | | 10-11AM | | 10-11AM | | 10-11AM | |

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

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| | | |
|------------------------------|------------|---|
| LANE SWIM ** | | ALL AGES WELCOME. A fitness oriented swim with lanes committed to swimming laps. Number of available 25m and 50m lanes may change weekly – please see current Kinsmen Sports Centre weekly schedule online for accurate information. https://www.edmonton.ca/activities_parks_recreation/kinsmen-drop-in-pool-schedule.aspx |
| LIVING FIT | 2-4 | 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. |
| PILATES | 3 | Discover strength, support, flexibility and balance. Classic Pilates exercises done on the mat while using a variety of props, with emphasis on core strength. This class may also work the fascia system through a series of movement and stretching exercises. |
| SHALLOW WATER AQUAFIT | 1-3 | 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. |
| TAI CHI | 1-2 | Learn traditional Yang-style Tai Chi. The slow and graceful movements, combined with focused attention effectively exercise the mind and body. Tai Chi is a meditation in motion that is suitable for everyone. |
| WALKING FOR HEALTH | 1-3 | 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 class may go outside. |
| 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 - HATHA | 2-3 | 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, for those who wish to maintain and deepen their existing yoga practice and for those who are new to yoga. |
| YOGA PILATES FUSION | 2-2 | Intended for everybody. Increase your stability, strength, and flexibility while improving your mind-body connection with the combination of Yoga and Pilates. |

INTENSITY RATING SCALE: 1 = V.Light Intensity Exercise | 2 = Light Intensity | 3 = Moderate Intensity | 4 = Vigorous Intensity | 5 = Max Effort Intensity

