

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

