

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

| FALL 2020 | OCT 13, 2020 - DEC 20, 2020

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

**PRE-REGISTERED GROUP FITNESS PROGRAM SCHEDULE**

For Program Descriptions, please see below.

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>FITNESS CENTRE</b>	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
<b>BOOT CAMP</b>			9:30-10:30AM Cindy Court #1 7:00-8:00PM Meshkin Court #1/2			9:30-10:30AM Tamico Court # 1/2 6:00-7:00PM Tamico Court #1	8:00-9:00AM Zhuhara Court #1/2
<b>ENDURANCE CYCLE</b>							9:15-10:45AM Elisabeth Court #5
<b>H.I.I.T.</b>		10:30-11:30AM Tamico R. Court #1/2 6:00-7:00PM Zhuhara Court #1/2					9:15-10:15AM Dot Court #1/2
<b>TABATA</b>				7:15-8:00PM Tamico Court # 1	6:00-7:00PM Zhuhara Court # 1/2		
<b>LIVING FIT</b>		9:15-10:15AM Elaine Court #1		9:15-10:15AM Elise Court #1/2			
<b>TOTAL BODY STRENGTH</b>	10:30-11:30AM Zhuhara Court #4/5						
<b>STEP</b>	9:15-10:15AM Dot Court #4/5						
<b>YOGA - HATHA</b>				10:30-11:30AM Elise Program Studio		12:15-1:15PM Elise Program Studio	
<b>ZUMBA™</b>				6:00-7:00PM Ashley Court #1/2			10:30-11:30AM Ashley Court # 1/2
<b>ZUMBA™ GOLD</b>					9:30-10:30AM Damara L. Court # 1/2		

Please register for your class on [movelearnplay.edmonton.ca](http://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](http://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**

<b>BOOT CAMP</b>	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!
<b>CYCLE BLAST</b>	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. Currently we are offering this class at Commonwealth, Terwilligar and at The Meadows.
<b>CYCLE ENDURANCE</b>	Take your cardiovascular endurance to the next level. In this class you will cycle your way to fitness. This class is led by a NCCP certified Triathlon Coach.
<b>H.I.I.T.</b>	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!
<b>TABATA</b>	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!
<b>LIVING FIT</b>	Move better, live fit! Improve balance, coordination and bone density with a variety of gentle cardio and resistance exercises specifically designed for older adults. Living Fit is designed to keep you moving throughout your daily activities.
<b>TOTAL BODY STRENGTH</b>	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.
<b>STEP</b>	Step up your cardio with this choreographed high energy class that uses a step platform to strengthen and shape the lower body, one step at a time. This is an Intermediate class. Some Step experience is recommended.
<b>YOGA - HATHA</b>	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.
<b>ZUMBA™</b>	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.
<b>ZUMBA™ GOLD</b>	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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