

**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 : 8:00AM - 8:00PM**

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>ADMISSION DESK</b>	7AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-10PM
<b>FITNESS CENTRE</b>	7AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-10PM

**DROP-IN DRYLAND SCHEDULE**

For Program Descriptions and Intensity Ratings, please see below

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>YOGA - HATHA (Studio)</b>			6:15-7:15PM	7:30-8:30PM	7:30-8:30PM		

**DROP-IN AQUATIC SCHEDULE**

<b>LANE SWIM</b>	7-8AM 3L 11AM-12PM 3L 9-10PM 4L	5:30-8AM 3L 8-9AM 2L 9-11AM 1L 11AM-1PM 3L 1-4PM 1L 8-10PM 4L	5:30-9AM 3L 9-11AM 1L 11AM-1PM 3L 1-4PM 1L 6-7PM 3L 9-10PM 4L	5:30-8AM 3L 8-9AM 2L 9-11AM 1L 11-1PM 3L 1-4PM 1L 8-10PM 4L	5:30-9AM 3L 9-11AM 1L 11-1PM 3L 1-4PM 1L 6-7PM 3L 9-10PM 4L	5:30-8AM 3L 8-9AM 2L 9-11AM 1L 11AM-1PM 3L 1-4PM 1L 9-10PM 4L	7-9AM 3L 9-10PM 4L
<b>DEEP WATER AQUAFIT</b>		8-9AM		8-9AM		8-9AM	
<b>SHALLOW WATER AQUAFIT</b>		11AM-12PM	11AM-12PM 6-7PM	11AM-12PM	11AM-12PM 6-7PM	11AM-12PM	
<b>WATER WALKING &amp; JOGGING</b>	7-8AM 1L 11AM-12PM 1L	5:30-9AM 1L	5:30-9AM 1L	5:30-9AM 1L	5:30-9AM 1L	5:30-9AM 1L	7-9AM 1L

**ACTIVITY DESCRIPTIONS & INTENSITY RATING**

<b>DEEP WATER AQUAFIT</b>	<b>2-4</b>	An aquabelt suspends you so that your whole body gets a total workout. Good for those with joint or injury concerns. AKA. Aquajog.
<b>LANE SWIM</b>		ALL AGES WELCOME. A fitness oriented swim with lanes committed to swimming laps
<b>SHALLOW WATER AQUAFIT</b>	<b>1-3</b>	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.
<b>WATER WALKING &amp; JOGGING</b>		Shallow water width walking helps keep you active with lower impact on your joints due to the support of the water. This is a self-directed workout and a workout plan will be provided for you.
<b>YOGA - HATHA</b>	<b>2-3</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, for those who wish to maintain and deepen their existing yoga practice and for those who are new to yoga.

**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.**