

ACTIVE OLDER ADULT | DRYLAND DROP-IN PROGRAM SCHEDULE | SPRING 2019 | MAR 31 - JUN 29

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS, BUT SUITED FOR OLDER ADULTS

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

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-10PM
FITNESS CENTRE & RACQUET COURTS	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
YOGA - HATHA		7:30-8:30PM		7:30-8:30PM			

DROP-IN AQUATIC SCHEDULE**Aquatic Centre Closed December 30, 2018 - April 27, 2019**

LANE SWIM	7-9AM 6L	5:30-7AM 6L 7-8AM 2L 8-9AM 6L 8-10PM 6L	5:30-8:30AM 6L 9-10PM 6L	5:30-7AM 6L 7-8AM 2L 8-9AM 6L 8-10PM 6L	5:30-8:30AM 6L 9-10PM 6L	5:30-8AM 6L	7-9AM 6L
DEEP WATER AQUAFIT	10:30-11:30AM	9-10AM 7-8PM	8:30-9:30AM	9-10AM 7-8PM	8:30-9:30AM	9-10AM	
SHALLOW WATER AQUAFIT		9-10AM	8:30-9:30AM	9-10AM	8:30-9:30AM	9-10AM	

ACTIVITY DESCRIPTIONS & INTENSITY RATING (All Dryland classes located in the Program Room)

DEEP WATER AQUAFIT	2-4	An aqua belt suspends you so that your whole body gets a total workout. Good for those with joint or injury concerns. Also known as Aquajog.
LANE SWIM		ALL AGES WELCOME. A fitness oriented swim with lanes committed to swimming laps
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.
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.

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

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

***NO Leader-led Programs on Statutory Holidays.** *Schedule subject to change. Please visit 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 for weekly drop-in schedules. **Revised March 5, 2019.**