

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

ALL PROGRAMS ARE FOR PATRONS 13 YEARS+

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

	SUN	MON	TUES	WED	THU	FRI	SAT
ADMISSION DESK		8:30AM-4:30PM	8:30AM-4:30PM	8:30AM-8PM	8:30AM-4:30PM	8:30AM-4:30PM	

DROP-IN DRYLAND SCHEDULE

For Program Descriptions and Intensity Ratings, please see below.

	SUN	MON	TUES	WED	THU	FRI	SAT
YOGA - HATHA (KR)		9:30-10:45AM		9:30-10:30AM		9:30-10:30AM	

ROOM DESCRIPTION : KR = KINROSS ROOM

ACTIVITY DESCRIPTION & INTENSITY RATING

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.
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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.**

