

CITY WIDE DROP-IN PWD SCHEDULE | WINTER 2019 | JAN 6 - MAR 30

DRYLAND Drop-in Programs for Persons with Disabilities

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

DROP-IN PWD SCHEDULE							
FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
COMMONWEALTH COMMUNITY RECREATION CENTRE	Fit n' Fun! (1-2pm - Studio 2)						
MILL WOODS RECREATION CENTRE *Program Room		Fit n' Fun! (11-12pm)	Zumba Gold (7:15-8:15pm)				
TERWILLEGAR COMMUNITY RECREATION CENTRE			Zumba Gold (3:15-4:15pm)				
A.C.T. AQUATIC & RECREATION CENTRE			Zumba Gold (10:30-11:30am) Rockin in Rundle (12:30-2:30pm)	Rockin in Rundle Gold (1pm-2:30pm)	Zumba Gold (10:30-11:30am) Rockin in Rundle (12:30-2:30pm)		

ACTIVITY DESCRIPTIONS	
FIT N' FUN!	A variety of cardio and resistance exercises specifically designed for Persons with Disabilities.
ROCKIN IN RUNDLE	A leisure dance for adults with multiple and/or developmental disabilities. A variety of music is played each week that people are sure to enjoy. There are theme dances throughout the session and light refreshments.
ROCKIN IN RUNDLE GOLD	Come out for an afternoon of toe-tapping music provided by a live band and light refreshments. There is nothing better than sharing a warm beverage with dear friends while enjoying great tunes from across the decades. This dance is geared towards older adults with multiple and/or developmental disabilities. (Previously called Senior Leisure Dance).
ZUMBA GOLD	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.

*NO Leader-led Programs and Kid's Den 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 August 8, 2018.**

