

ADULT/YOUTH | DRYLAND DROP-IN PROGRAM SCHEDULE

| SPRING 2019 | MAR 31 - JUN 29

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

FACILITY HOURS ON STATUTORY HOLIDAYS : 11:00AM - 7:00PM

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7AM-9:30PM	7AM-9:30PM	7AM-9:30PM	7AM-9:30PM	7AM-9:30PM	7AM-9:30PM	7AM-9:30PM
FITNESS CENTRE	7AM-10PM	7AM-10PM**	7AM-10PM	7AM-10PM**	7AM-10PM	7AM-10PM**	7AM-10PM**
	During Circuit Training programs, selectorized weight machines and cardio machines will be available						
OPEN TRACK	7AM-10PM	7AM-10PM	7AM-10PM	7AM-10PM	7AM -10PM	7AM-10PM	7AM-10PM
OPEN GYM	7AM-10PM	7AM-10PM	7AM-10PM	7AM-10PM	7AM-10PM	7AM-10PM	7AM-10PM
DROP-IN BADMINTON	2-5:45PM						
DROP-IN BADMINTON/PICKLEBALL	7-8:45AM				5-6:45PM		
DROP-IN BASKETBALL		5-7PM		5-7PM		5-7:45PM	7-9AM
DROP-IN VOLLEYBALL			5-6:45PM			8-10PM	8-10PM

DROP-IN DRYLAND SCHEDULE

For Program Descriptions and Intensity Ratings, please see below.

	SUN	MON	TUE	WED	THU	FRI	SAT
CIRCUIT TRAINING (FC&TR)		8-9AM 6-7PM		8-9AM 6-7PM		8-9AM	10-11AM
WALKING FOR HEALTH (TR)			9-10AM 6-7PM		6-7PM		
ZUMBA (GYM)		5:55-6:55PM		5:55-6:55PM			

ROOM DESCRIPTION : FC = FITNESS CENTRE. TR = TRACK. GYM = GYMNASIUM 3.

ACTIVITY DESCRIPTIONS & INTENSITY RATING

CIRCUIT TRAINING	3-5	Try out this total body interval-style class that targets your entire body with a variety of cardio, strength, plyometric and core training exercises. Maximize calorie burn and total body conditioning.
WALKING FOR HEALTH	2-4	Increase muscular strength, build stronger bones and enhance cardiovascular fitness with this low impact walking class. Some portable equipment may be used.
ZUMBA™	2-4	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.

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 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.**