CITY-WIDE DROP-IN SPIN SCHEDULE

HOLIDAY 2017/18 | DEC 24 – JAN 6

DROP-IN SPIN SCHEDULE **Beginner/ Family Friendly (8+) classes are in blue** **All other classes are ages 13+**

HOLIDAYS HOURS: DECEMBER 24 & 31: OPEN-4PM | DECEMBER 25: FACILITY CLOSED |
DECEMBER 26 & JANUARY 1: 8AM-8PM (Commonwealth/Kinsmen) or 7AM-9PM (Clareview/Terwillegar/The Meadows)
NO LEADER-LED PROGRAMS ON STATUTORY HOLIDAYS: DECEMBER 26 & JANUARY 1

FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
CLAREVIEW COMMUNITY RECREATION CENTRE	10:45-11:30AM		6:15-7PM ××	6:30-7:15PM ××			
COMMONWEALTH COMMUNITY RECREATION CENTRE	9:30-10:30AM		6-6:45PM ××	6:30-7:15AM ×× 9-9:30AM ×× 6:30-7:30PM	6:15-7PM ××		9:45-10:45AM
	Virtual Coach 8-9:15AM 11AM-1PM	Virtual Coach 11AM-1PM 3:30-5:30PM	Virtual Coach 7:30-8:30AM 12-2PM 4-5:30PM 7-9PM	Virtual Coach 7:30-8:30AM 11AM-1PM 4:15-6:15PM	Virtual Coach 7:30-8:30AM 12-2PM 4-5:30PM 7:15-8:15PM	Virtual Coach 7:30-8:30AM 9:30-10:30AM 12-2PM 4-6:30PM	Virtual Coach 8-9:30AM 11AM-1PM 3-5PM 6-7:30PM
KINSMEN SPORTS CENTRE	9-10AM 10:15-11AM ×× (Tabata)		6:30-7:30AM	5:30-6:30PM	6:30-7:30AM	9:30-10:15AM 5:15-6:15PM	10-11AM
		Virtual 6-7PM	Virtual 7:30-9PM	Virtual 7:15-8:45PM		Virtual 6:30-8PM	Virtual 6-7:30PM
		Virtual Coach 12-12:45PM	Virtual Coach 9-10AM 12-12:45PM 4:30-5:15PM	Virtual Coach 7-8AM 12-12:45PM 4:30-5:15PM	Virtual Coach 9-10AM 12-12:45PM 4:30-5:15PM	Virtual Coach 7-8AM 9:15-10:15AM 12-12:45PM 3:30-4:30PM	Virtual Coach 11:15AM-12:15PM
TERWILLEGAR COMMUNITY RECREATION CENTRE	9:30-10:30AM		6-6:45AM (&Strength) 9:30-10:30AM 6:15-6:45PM ×× 7-8PM	6-7PM	10:15-11:15AM (&Strength) 5:30-6:30PM	9:30-10:30AM 1:15-2:15PM (&Yoga)	8:45-9:45AM 10:30-11:30AM (&Strength)
	Open Spin Virtual Scenic is available when the Power Studio is not booked with programs. Please see the daily schedule online for availability.						
THE MEADOWS COMMUNITY RECREATION CENTRE	10:15-11AM ××		6:15-7PM ××	9-9:45AM ×× 6:40-7:10PM ××	9:15-10AM ×× 6-6:45PM ××	9:30-10:30AM	8:45-9:45AM 10:30-11AM ××

- Standard classes are 60 minutes. 'Express' classes (××) are less than 60 minutes.
- No drop-in classes or Kids' Den hours on statutory holidays.
- Schedule subject to change. Please visit www.edmonton.ca/RecCentreNotifications for updates on closures/cancellations. Visit www.edmonton.ca/FindYourFit for weekly drop-in schedules.
- Spin Bike Tickets will be available 30 minutes prior to class time. Please pick up one ticket per person per class from the Admissions Desk. Instructors will collect tickets prior to class commencing.

City of Edmonton Recreation centres

CITY-WIDE DROP-IN SPIN SCHEDULE

HOLIDAY 2017/18 | DEC 24 – JAN 6

ACTVITY DESCRIPTIONS	
SPIN	Enjoy a fun group cycling class that combines cardio training and muscle conditioning. Follow the instructor through exercise routines set to music.
SPIN – FAMILY FRIENDLY	Improve your cardio and muscular strength as a family! This family-friendly fun 30 minute spin class is a fun way to work out together. **Children must be 8 years or older & must be at least 4'8" (142 cm) to attend.**
& STRENGTH	Rev up that metabolism with 30 minutes of heart pounding cardio and 30 minutes of strength training using TRX, weights and a variety of other fitness equipment. Get the best of both worlds!
& YOGA	This fusion class is the perfect combination. Work hard with 30 minutes of heart pumping spin followed by unwinding your mind and body with 30 minutes of a gentle Yoga practice.
TABATA	This 45-minute class maximizes your training time with high intensity intervals for maximum effort.
VIRTUAL	Go for a bike ride at your own pace, and enjoy the scenery on screen along the way. There will be no coaching for this workout.
VIRTUAL COACH	Led by a virtual instructor who will coach you through your cycling workout as you explore various destinations from the comfort of the "Spin Garage".
OPEN SPIN VIRTUAL SCENIC	Go for a bike ride at your own pace and enjoy the scenery along the way. There will be no coaching for this workout.

Revised: November 29, 2017

City of Edmonton Recreation centres