

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 : 7:00AM - 9:00PM

| | SUN | MON | TUES | WED | THU | FRI | SAT |
|---|----------------|----------------|----------------------------------|----------------|------------------------|----------------|----------------|
| ADMISSION DESK FITNESS CENTRE | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM |
| KIDS DEN (0-11YRS) | | 8:30AM-8PM | 8:30AM-8PM | 8:30AM-8PM | 8:30AM-8PM | 8:30AM-4PM | 8:30AM-3PM |
| INDOOR PLAYGROUND | 8AM-8PM | 8AM-8PM | 8AM-8PM | 8AM-8PM | 8AM-8PM | 8AM-8PM | 8AM-8PM |
| OPEN GYM (FH) | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM | 5:30AM-10:30PM |
| DROP IN PICKLEBALL For players of all skill levels unless indicated otherwise | | 1-4PM | 7-10AM 1-3:45PM (Advanced) | 1-4PM | 1:45-4PM (Beginner) | 1-4PM | |

FOR DEDICATED DROP-IN SPORT TIMES, INCLUDING BADMINTON, BASKETBALL, PICKLEBALL, VOLLEYBALL AND TABLE TENNIS PLEASE SEE THE 'CITY-WIDE DEDICATED SPORT DROP-IN SCHEDULE

DROP-IN DRYLAND SCHEDULE

Standard classes are 60 minutes. 'Plus' classes (++) are more than 60 minutes. 'Express' classes (**) are less than 60 minutes. For Program Descriptions and Intensity Ratings, please see below

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---------------|------------------------------|--|----------------------|--|-------------------------------------|-----------------------|
| CIRCUIT TRAINING GOLD (FTC) | | 10:30-11:30AM | | 10:30-11:30AM | | 10:30-11:30AM | |
| ESSETRICS™ - STRETCH & TONE (MP6) | | | | 11:45AM-12:45PM | | 10:30-11:30AM | |
| ESSETRICS™ - REBALANCE & RESTORE (MP6) | | | | | | 11:45AM-12:30PM | |
| HEALTHY AT HEART ++ (ES) | | | 4-4:45PM (Volleyball-FH) 4:45-5:30PM | | 4-4:45PM (Volleyball-FH) 4:45-5:30PM | | |
| LIVING FIT (ES) | | 10:30-11:30AM 2:30-3:30PM | 1:15-2:15PM | 10:30-11:30AM | | 1:15-2:15PM | |
| PILATES (MPR6) | | | 10:45- 11:45AM 7:30-8:30PM | | 6:15-7:15PM | 9-10AM | |
| SPIN & STRENGTH GOLD (PS) | | | 12-1PM | | 9-10AM | | |
| TAI CHI (MPR6) | 10:15-11:15AM | 8-9AM (ES) | 1:45-2:45PM 6:25-7:25PM | | 10-11AM | 8-9AM(ES) | |
| WALKING FOR HEALTH (FT) | 10-11AM | | 6:30-7:30PM | | 10-11AM | | |
| YOGA - CHAIR (MPR6) | | | 12- 1PM | | 11:15AM-12:15PM | | |
| YOGA - HAPPY HIPS (MPR6) | | 6:15-7PM | | | 5:15-6PM | | |
| YOGA - HATHA (ES) | | 12-1PM | 12-1PM | | 12:15-1:15PM | 12-1PM 5:45-6:45PM | 9-10:15AM ++ (MP6) |
| YOGA - HATHA GENTLE | 12:30-1:30PM | 11:45AM-12:45PM (MPR 6) | | 11:45AM-12:45PM (ES) | | | |
| YOGA - RELAX & RESTORE | | | | | | 2:30-3:45PM ++ (& Meditation) ES | |
| ZUMBA™ - GOLD (ES) | | | 10:45-11:45AM | | 1:30-2:30PM | | |

DROP-IN AQUATIC SCHEDULE

| | | | | | | | |
|------------------------------|----------------|-----------------------------|-------------------------|-----------------------------|-------------------------|-----------------------------|-------------------|
| SHALLOW WATER AQUAFIT | | 10AM-11AM 7-8PM | 10-11AM | 7-8PM | 10-11AM 7-8PM | | |
| DEEP WATER AQUAFIT | | | | 10AM-11AM | | 10-11AM | 9-10AM |
| LANE SWIM 50M* | 5:30-8AM 4L | | 5:30 - 8AM 4L | | 5:30-8 AM 4L | | |
| LANE SWIM 25M* | 9AM-9PM 4L | 5:30AM-8PM 4L 8-10 PM 6L | 9AM-8PM 4L 8-10PM 6L | 5:30AM-8PM 4L 8-10 PM 6L | 9AM-8PM 4L 8-10PM 6L | 5:30AM-7PM 4L 7-10 PM 6L | 5:30AM-10PM 4L |

***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 31, 2019.**

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ROOM DESCRIPTIONS : ES: Energy Studio FC: Fitness Centre FH: Flexi-Hall FT: Fitness Centre Track MP6: Multi-Purpose Room 6 PS: Power Studio

ACTIVITY DESCRIPTIONS & INTENSITY RATING

| | | |
|---|------------|---|
| CIRCUIT TRAINING GOLD | 2-4 | Improve your strength, mobility, flexibility and balance while enhancing cardiovascular health with this interval-style class. This class is designed for active older adults, providing a variety of low-impact exercises utilizing both your bodyweight and functional equipment. |
| HEALTHY AT HEART | 1-3 | A combination of low intensity exercises and physical activity for those who prefer low to moderate fitness. Enjoy 45 minutes of Volleyball (4:00-4:45PM in the Gym) then finish off with 45 minutes of a leader-lead fitness class (4:45-5:30PM in the Energy Studio). |
| LANE SWIM | | ALL AGES WELCOME. A fitness oriented swim with lanes committed to swimming laps. Number of available 50m lanes may change weekly – please see current Terwillegar Rec Centre weekly schedule online for accurate information. https://www.edmonton.ca/activities_parks_recreation/terwillegar-drop-in-pool-schedule.aspx |
| LIVING FIT | 2-3 | A variety of cardio and resistance exercises specifically designed for the active older adult that will keep you moving and strong for the daily activities of life. |
| OPEN GYM | | Basketball, volleyball and badminton are just a few of the activities that can be enjoyed. Open gym times are not intended to be used for organized team practices |
| PICKLEBALL | 2-4 | Mini tennis game played by 2 to 4 people on a badminton-sized court using wooden paddles and a light baseball sized ball. |
| ESSETRICS™ - STRETCH & TONE | 1-3 | Rebalance the body, prevent and treat injuries, and unlock tight joints through a dynamic and fluid combination of strengthening and stretching. Essentrics gives you the strength and flexibility to live your life. |
| ESSETRICS™ - REBALANCE & RESTORE | 1-2 | A slow and gentle, full body stretch that increases mobility, improves flexibility, and relieves chronic aches, pains and joint stiffness. Build an overall stronger and more mobile body to balance and restore yourself. |
| PILATES | 3 | Discover strength, support, flexibility and balance. Classic Pilates exercises done on the mat while using a variety of props, with emphasis on core strength. This class may also work the fascia system through a series of movement and stretching exercises. |
| SPIN & STRENGTH GOLD | 2-4 | Challenge yourself with this older adult friendly fusion of fun, low impact cardio on the spin bike and strength training utilizing a variety of types of fitness equipment. |
| TAI CHI | 1-2 | Learn traditional Yang-style Tai Chi. The slow and graceful movements, combined with focused attention effectively exercise the mind and body. Tai Chi is a meditation in motion that is suitable for everyone. |
| WALKING FOR HEALTH | 1-3 | Increase muscular strength, build stronger bones and enhance cardiovascular fitness with this low impact walking class. Some portable equipment may be used. In good weather, this class may go outside. |
| YOGA - CHAIR | 1-3 | Intended for everybody. Traditional yoga poses are adapted to be safely done in a chair or using a chair for support, making yoga accessible for people challenged by standing for long periods or mobility in moving to and from the floor. |
| YOGA - HAPPY HIPS | 2-3 | Intended for everybody looking to increase their hip health. This class will focus on increasing flexibility, strength and stability of the hip joint, helping your hips feel happy and healthy. |
| 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. |
| YOGA - HATHA GENTLE | 1-2 | Intended for beginners, those with special concerns or injuries and those who simply desire a slower pace in which to develop greater personal body and breath awareness with attention to alignment and detail. Learn more about yoga and improve flexibility, alignment, strength & balance in a gentle achievable practice that is relaxing, calming and stress-relieving. |
| YOGA - RELAX & RESTORE (R&R) | 1 | Intended for everybody seeking to Relax & Restore harmony in body and mind. R&R is a blended Yin and Restorative inspired deep stretch and meditative focused class. Promotes deep tranquility and awareness through supportive poses aided by the use of props so that you can relax completely and open gently. |
| YOGA & MEDITATION | 1-3 | A meditation component is added to your Yoga practice. Yoga was originally created to help prepare, train and condition the mind and body for longer periods of meditation. Whether you are just starting your meditative journey or you have a seasoned practice, this class will give you the opportunity to practice yoga and meditation in a group setting. |
| ZUMBA™ - GOLD | 1-3 | 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. |
| DEEP WATER AQUAFIT | 2-4 | An aquabelt suspends you so that your whole body gets a total workout. Good for those with joint or injury concerns. Also known as Aquajog. |
| 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. |

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.**

