

ADULT/FAMILY/YOUTH | DROP-IN PROGRAM SCHEDULE | SPRING 2019 | MAR 30 - JUN 29

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

DROP-IN DRYLAND SCHEDULE

Family Friendly (8+) classes are in **ORANGE**. All other classes are for patrons 13+ yrs. 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 |
|---|-----------------|---|---|----------------------------|---|-----------------------------|---|
| KIDS DEN (0-11YRS) | | 8:30AM-8PM | 8:30AM-8PM | 8:30AM-8PM | 8:30AM-8PM | 8:30AM-4PM | 8:30AM-3PM |
| BARRE w/ BABY (PS) | | | | | | 11:45AM-12:30PM | |
| BOOT CAMP (FH) | | 6:10-7:10PM | 10:15-11:15AM (FTC) 11:30AM-12:30PM *SF | 6-6:45AM ** 7:15-8:15PM | | 6-6:45AM ** 6-7PM | |
| CIRCUIT TRAINING (FTC) | | 9-10AM | 9-10AM | 9:15-10:15AM | | 9:15-10:15AM | |
| CIRCUIT TRAINING GOLD (FTC) | | 10:30-11:30AM | | 10:30-11:30AM | | 10:30-11:30AM | |
| CORE EXPRESS (PS) | | 11:05-11:25AM | | 7:05-7:25PM | 6:40-7PM | | |
| ESSETRICS™ - STRETCH & TONE (MP6) | | | | 11:45AM-12:45PM | | 10:30-11:30AM | |
| ESSETRICS™ - REBALANCE & RESTORE (MP6) | | | | | | 11:45AM-12:30PM | |
| FLEXIBILITY & MOBILITY (ES) | 11:50AM-12:10PM | 11:35-11:55AM | | | | 11:35-11:55AM | 10-10:20AM (PS) |
| HEALTHY AT HEART (GYM/ES) | | | 4-5:30PM ++ | | 4-5:30PM ++ | | |
| H.I.I.T. | | | | 9-9:45AM (FH) | | | |
| H.I.I.T. the STEP! (ES) | | 6-7PM (ES) | | | | | |
| LIVING FIT (ES) | | 10:30-11:30AM 2:30-3:30PM | 1:15-2:15PM | 10:30-11:30AM | | 1:15-2:15PM | |
| PILATES (MP6) | | | 10:45-11:45AM 7:30-8:30PM | | 6:15-7:15PM | 9-10AM | |
| SPIN (PS) | 9:30-10:30AM | 6-7AM 10:15-11AM ** 5-5:45PM ** 7:30-8:15PM ** | 6-7AM (& 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 | 8:45-9:45AM 10:30-11:30AM (& Strength) |
| SPIN & BARRE (PS) | | | | 7:30-8:30PM | | | |
| SPIN & STRENGTH GOLD | | | 12-1PM | | 9-10AM | | |
| SPIN & YOGA (PS) | | 6-7:15PM ++ (Flow) | | 9:30-10:45AM ++ (Flow) | | | |
| STEP (ES) | | 9:15-10:15AM (& Strength) | | | | 9:15-10:15AM (Intermediate) | 8:45-9:45AM (& Strength) |
| STROLLERIZE (FH) | | 10-11:15AM ++ | 10:15-11:15AM | 10-11:15AM ++ | 10:15-11:15AM | 10-11:15AM ++ | |
| TABATA INTERVAL TRAINING (FH) | | 11:30AM- 12:30PM *SF | | 11:30AM- 12:30PM *SF | 6-6:45PM ** (ES) | | 10-10:45AM ** |
| TAI CHI (MPR6) | 10:15-11:15AM | 8-9AM (ES) | 1:45-2:45PM 6:25-7:25PM | | 10-11AM | | |
| TOTAL BODY BARRE (ES) | | | 8:45-9:30PM xx | | 8:15-9PM ** | | |
| TOTAL BODY BLAST (FH) | 8:45-9:45AM | | 9-10AM | | 9-10AM | | |
| TOTAL BODY STRENGTH (ES) | 10:45AM-11:45AM | 1:15-2:15PM 7:15-8:15PM | 9:15-10:30AM ++ 5:45-6:45PM | | | 10:30-11:30AM | |

***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.**

| | | | | | | | |
|-----------------------------|----------------------------|-----------------------------|------------------|---|------------------|----------------------------------|-----------------------|
| WALKING FOR HEALTH (FT) | 10-11AM | | 6:30-7:30PM | | 10-11M | | |
| YOGA - ATHLETIC (ES) | | | | | 6-7AM | | |
| YOGA - CHAIR (MPR6) | | | 12-1PM | | 11:15AM-12:15PM | | |
| YOGA - HAPPY HIPS (MPR6) | | 6:15-7PM xx | | | 5:15-6PM xx | | |
| 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 - FLOW (MPR6) | 9-10AM | | | | | | |
| YOGA - YIN/YANG (ES) | | | | 1-2:15PM ++ | | | |
| YOGA PILATES FUSION (ES) | | | | | 2:45-3:45PM | | |
| YOGA - RELAX & RESTORE (ES) | | | | | | 2:30-3:45PM ++ (& Meditation) | |
| ZUMBA™ (ES) | 9:45-10:45AM (FH) 7-8PM | 9-10AM (FH) 8:30-9:30PM | 5:45-6:45PM (FH) | 9-10AM 5:45-6:45PM (FH) 8:35-9:35PM | 7:30-8:30PM (FH) | 9-10AM (FH) | 10-11AM |
| ZUMBA™ - GOLD (ES) | | | 10:45-11:45AM | | 1:30-2:30PM | | |
| ZUMBA™ - STRONG (ES) | 9:30-10:30AM | | 7-8PM (FH) | | | | 11:10AM- 12:10PM |

ROOM DESCRIPTIONS : *Gym: Gymnasium, *MPR3: Multi-Purpose Room 3, *MPR4: Multi-Purpose Room 4, *MPR6: Multi-Purpose Room 6.

***SF = STROLLER FRIENDLY**

ACTIVITY DESCRIPTIONS & INTENSITY RATING

| | | |
|--|-----|---|
| BARRE w BABY | 1-3 | A dynamic workout inspired by a mix of dance, strength, Pilates and Yoga utilizing the ballet barre and other equipment. Designed for moms with babies 6 weeks - 9 months old (before they are mobile). Babies must be worn/strapped to mom for class. |
| BOOT CAMP | 3-5 | Heart-pumping cardio drills combined with strength exercises using a variety of equipment. These full-body workouts are both challenging and fun! Prepare to sweat and be pushed!. For 'Stroller-Friendly' classes, all children must remain strollers. |
| 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. |
| 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. |
| CORE EXPRESS | 1-3 | Get to the CORE of the matter. Improve overall function while working through a variety of core-targeted exercises focusing on strength, stability and posture. |
| ESSENTRICS™ - 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. |
| ESSENTRICS™ - 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. |
| FLEXIBILITY & MOBILITY | 1-2 | Increase range of motion, flexibility and mobility. This class will utilize various myofascial/trigger point techniques as well as stretching, range of motion and mobility exercises to get your body moving freely and without pain. |
| 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). |
| H.I.I.T. | 4-5 | This high intensity interval training class will take you through a total body workout using a variety of different timed sets. Expect to get sweaty as your instructor takes you through a series of intense anaerobic exercises and lower intensity recovery intervals |
| H.I.I.T. the STEP! | 3-4 | Improve your cardio fitness, agility and coordination! Get your heart pumping by using the STEP for intervals, plyometrics, strength and balance drills. All levels welcome. No prior step experience required. |
| LIVING FIT | 2-4 | 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. |
| 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 | 3-5 | Rev up your cardio and overall conditioning with a fun group cycling class set to energizing music. You will be challenged with a variety of interval drills utilizing rolling hills, sprints, climbs and much more! 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. For Family Friendly classes, children must be 8 years or older & must be at least 4'8" (142 cm) to attend. |
| SPIN & BARRE | 2-4 | This class starts with 30 minutes of high energy cycling followed by a 30 minute Barre/Core segment. This will be a total body workout from sweating on the bike to working the core, glutes, arms and thighs with Barre-style training. |



***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 18, 2019.**

| | | |
|--|-----|--|
| SPIN & STRENGTH | 3-5 | Rev up that metabolism with 30 minutes of heart pounding cardio and 30 minutes of strength training using TRX, weights and various other fitness equipment. Get the best of both worlds. All levels welcome. |
| 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. |
| SPIN & YOGA (HATHA) | 2-4 | 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. |
| SPIN & YOGA (FLOW) | 3-5 | This fusion class is the perfect combination of work for the mind and body. Work hard with 30 minutes of heart pumping spin followed by 45 minutes of a strong Flow-style Yoga practice. |
| STEP - INT | 2-5 | Step up your cardio with this choreographed high energy class that uses a step platform to strengthen and shape the lower body, one step at a time. This is an Intermediate class. Some Step experience is recommended. |
| STEP & STRENGTH | 3-4 | Step right up! Improve your strength, cardio and coordination with a combination of classic Step moves and weight training exercises. Some step experience is recommended. |
| STROLLERCIZE | 2-4 | Strollercize is a functional, total-body conditioning workout combining cardio and strength, designed for parents to exercise with their kids in tow. All children must remain strollers. |
| TABATA INTERVAL TRAINING | 4-5 | Tabata will take you through a total body workout that is fast paced and guaranteed to make you sweat! Each set is four minutes long alternating between twenty seconds of maximum effort followed by ten seconds of rest for a total of eight rounds. |
| 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. |
| TOTAL BODY BARRE | 2-4 | This total-body toning workout infuses elements of ballet, dance, Pilates, and Yoga to lengthen and strengthen the body. |
| TOTAL BODY BLAST | 3-4 | A well-rounded workout that will increase your metabolism, alternating between cardio and strength exercises, focusing on building endurance. |
| TOTAL BODY STRENGTH | 3-4 | Improve your strength and stability with a variety of exercises utilizing your body weight and weighted equipment. No-cardio required to work hard in this class! |
| 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 - ATHLETIC | 3-4 | Intended for athletes (or athletes at heart) who seek to challenge themselves with a class that helps expose weaknesses in order to strengthen. Emphasis on improving breath control/recovery, finding the core to drive movement and stabilization of shoulders and pelvis. The aim is to create greater symmetry in the body and maintain a calm mind in sport and life. |
| 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 - FLOW | 2-4 | Intended to be the perfect place to begin and gain comfort and confidence with flow style yoga. While connecting breath to movement, we flow from pose to pose at a slower pace to build flexibility, strength & mindfulness, at times pausing to investigate poses & bring awareness to the specifics of alignment. This class will build strength, stamina and deepen balance. |
| 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 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 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 | 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 - YIN/YANG | 2-4 | Intended for everybody looking for a great combination class. Balance your practice with the strong Yang energy created by dynamic poses mixed with the calm, relaxing poses of Yin held for longer to cool and stretch your tissues and joints. |
| 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. For Family Friendly classes, children must be 8 years or older to attend . |
| 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. |
| ZUMBA™ - STRONG | 3-5 | Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. |
| 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.**



***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 18, 2019.**