

ACTIVE OLDER ADULT | DRYLAND DROP-IN PROGRAM SCHEDULE | WINTER 2019 | JAN 6 - MAR 30

DOWNLOAD THE REC CENTRES MOBILE APP & BUILD YOUR CUSTOM DROP-IN PROGRAM SCHEDULE! AVAILABLE FOR IOS & ANDROID DEVICES

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
CASE ++ (ES)			4-4:45PM (Volleyball-FH) 4:45-5:30PM		4--4:45PM (Volleyball-FH) 4:45-5:30PM		
CIRCUIT TRAINING GOLD (FTC)		10:30-11:30AM		10:30-11:30AM		10:30-11:30AM	
ESSETRICS™ (MP6)				11:45AM-12:45PM		10:30-11:30AM	
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)			10:55- 11:55AM 6:25-7:25PM 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		10-11AM	8-9AM(ES)	
WALKING FOR HEALTH (FT)	10-11AM		6:30-7:30PM		11:30AM-12:30PM		
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	12:15-1:15PM	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 AQUALFIT		10AM-11AM 7-8PM	*8:45-9:45AM 10-11AM	*8:45-9:45AM 7-8PM	*8:45-9:45A M 10-11AM 7-8PM		
*Tue/Wed/Thu 8:45-9:45 AM classes added Jan 6 - Mar 30 to accommodate Millwoods aquatic closure							
DEEP WATER AQUALFIT		*8:45-9:45AM		10AM-11AM		10-11AM	9-10AM
*Mon 8:45-9:45 AM class added Jan 6 - Mar 30 to accommodate Millwoods aquatic closure							

*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 December 13, 2018.**



ACTIVE OLDER ADULT | DRYLAND DROP-IN PROGRAM SCHEDULE | WINTER 2019 | JAN 6 - MAR 30

DOWNLOAD THE REC CENTRES MOBILE APP & BUILD YOUR CUSTOM DROP-IN PROGRAM SCHEDULE! AVAILABLE FOR IOS & ANDROID DEVICES

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

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

CASE FOR THE HEART	1-3	Cardiac Athletic Society of Edmonton. Low intensity exercises and physical activity for those with low to moderate fitness. (4:00-4:45PM in the Gym then 4:45-5:30PM in the Energy Studio).
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.
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.
ESSENTRICS™	1-3	Improve flexibility, strength and range of motion with this dynamic Mind/Body class. This class incorporates stretching through continual movement to help elongate muscles and strengthen the joints. The benefits of Essentrics include improved posture, balance, core strength, injury prevention and even rehabilitation. All levels welcome.
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.
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.



*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 December 13, 2018.**