

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 : 8:00AM - 8:00PM

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	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
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
OPEN GYM	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
PICKLEBALL		1:30-4PM	8-10AM 11:30AM-2:30PM	11:30AM-2:30PM	8-10AM	1:30-4PM	

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

For Program Descriptions and Intensity Ratings, please see below.

	SUN	MON	TUE	WED	THU	FRI	SAT
LIVING FIT (S204)			10:15-11:15AM		10:15-11:15AM		
ESSENTRICS™ - STRETCH & TONE (S204)		1-2PM			11:30AM-12:30PM		
ESSENTRICS™ - REBALANCE & RESTORE (S204)				1:30-2:15PM <i>*Starts April 10*</i>			
TAI CHI (MPR208)				12:15-1:15PM			
WALKING FOR HEALTH (FT)		11:45AM-12:45PM					
YOGA - CHAIR (MPR208)		2-3PM		9:30-10:30AM		9:30-10:30AM	
YOGA - HAPPY HIPPS (MPR208)		11:30-12:15PM xx		6:15-7:15PM	10:45-11:30AM		
YOGA - HATHA (MPR208)	9-10AM	10-11AM	9:30-10:30AM 7-8PM	10:45-11:45AM	9:30-10:30AM <i>Women's Only</i>		8:30-9:30AM
YOGA - HATHA GENTLE (MPR208)			11:30AM-1PM (+Meditation)	5-6PM			
YOGA - RELAX & RESTORE (MPR208)	7-8PM				7-8PM	12-1PM	
ZUMBA™ - GOLD (S204)		7:15-8:15 AM 11:45AM- 12:45PM		11:45AM-12:45PM			

DROP-IN AQUATIC SCHEDULE

LANE SWIM (25M)	5:30AM-9PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L	5:30AM-10PM 3L
DEEP WATER AQUAFIT			9-10AM	*9-10AM 12-1PM	9-10AM		
SHALLOW WATER AQUAFIT	8:45-9:45AM	*9-10AM 12-1PM	8-9PM		8-9PM	*9-10AM 12-1PM	8:45-9:45AM

ROOM DESCRIPTIONS: *FTC = Functional Training Centre | *MPR208 = Multi-purpose Rm 208 | *S203 = Studio 203 | *S204 = Studio 204 | *Gym = Gymnasium



*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 April 5, 2019.**

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ACTIVITY DESCRIPTIONS & INTENSITY RATING

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. *9-10AM DW CLASSES ADDED WED MAR 31 - APR 27 TO ACCOMMODATE MILL WOODS AQUATIC CLOSURE
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 * 9-10AM SW CLASSES ADDED MON/FRI MAR 31 - APR 27 TO ACCOMMODATE MILL WOODS AQUATIC CLOSURE
LANE SWIM 25M		A fitness oriented swim with lanes committed to swimming laps in a 25m Pool. All ages welcome.
LIVING FIT	2-4	Exercises specifically designed for the active older adult. A variety of cardio and resistance training exercises will keep you moving and strong for the daily activities of life.
PICKLEBALL	1-4	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 rebalance and restore yourself.
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 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. Relax & Restore your body and mind. R&R is a blended Yin and Restorative-style deep stretch and meditative focused class. This class promotes deep tranquility for the body and mind through supportive poses with the use of props so that you can relax completely and open gently.
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.

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



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