

ADULT/FAMILY/YOUTH | DROP-IN PROGRAM SCHEDULE | SUMMER 2018 | JUL 1 - SEP 1

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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		6-7PM (ES)	10:15-11:15AM (FTC) 11:30AM-12:30PM *SF	6-6:45AM ** 7:15-8:15PM	11:30AM-12:30PM *SF	6-7PM	
CASE (GYM & ES)			4-5:30PM ++		4-5:30PM ++		
CIRCUIT TRAINING (FTC)		9-10AM	9-10AM	9:15-10:15AM		9-10AM	
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		
ESSENTRICS™ (MPB)						10:45-11:45AM	
FLEXIBILITY & MOBILITY xx (ES)	11:50AM-12:10PM	11:35-11:55AM 7:10-7:30PM (MP6)				11:35-11:55AM	10-10:20AM
LIVING FIT (ES)		10:30-11:30AM	1:15-2:15PM	10:30-11:30AM		1:15-2:15PM	
PILATES (MP6)			6:25-7:25PM 7:30-8:30PM (Core)				
PILATES BARRE (ES)		7:15-8:15PM					
SPIN (PS)	9:30-10:30AM	6-7AM 10:15-11AM **	6-7AM (& Strength) 9:30-10:30AM 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 & 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)
STROLLERCIZE (FH)		10-11:15AM ++	10:15-11:15AM	10-11:15AM ++	10:15-11:15AM	10-11:15AM ++	
TABATA INTERVAL TRAINING (FH)		6:15-7PM **		11:30AM-12:30PM *SF	6-6:45PM ** (ES)		10-10:45AM **
TOTAL BODY BARRE (ES)			8:45-9:30PMx		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	9:15-10:30AM ++ 5:45-6:45PM			10:30-11:30AM	
WALKING FOR HEALTH (FT)	10-11AM		6:30-7:30PM				
YOGA - CHAIR (MPRA)			11:45AM-12:45PM				
YOGA - HATHA (ES)	12:45-1:45PM	12-1PM 6:15-7PM xx (Happy Hips) (MPR6)	12-1PM		12:15-1:15PM	12-1PM	9-10:15AM ++ (MP6)
YOGA - HATHA GENTLE		11:45AM-12:45PM (MPR6)		11:45AM-12:45PM (ES)			
YOGA - FLOW (MPR6)	9-10AM					5:45-6:45PM (ES)	
YOGA - YIN/YANG	10:15-11:15AM (MP6)			1-2:15PM ++ (ES)			
YOGA PILATES FUSION (ES)					2:45-3:45PM		
YOGA - RELAX & RESTORE (ES)						2:30-3:45PM ++ (& Meditation)	
ZUMBA (FH)	9:45-10:45AM	9-10AM 8:30-9:30PM(ES)	5:45-6:45PM	9-10AM (ES) 5:45-6:45PM 8:35-9:35PM (ES)	7:30-8:30PM	9-10AM	10-11AM (ES)
ZUMBA - GOLD (ES)			10:45-11:45AM		1:30-2:30PM		
ZUMBA - STRONG (FH)			7-8PM (FH)				11:10AM- 12:10PM
ROOM DESCRIPTIONS : *Gym: Gymnasium, *MPRA: Multi-Purpose Room A, *MPR6: Multi-Purpose Room 6, *PS: Power Studio, *ES: Energy Studio							

*SF = STROLLER FRIENDLY

Activity Descriptions & Intensity Rating		
KIDS DEN		The Kids Den, a drop-in babysitting service, provides a fun and safe place for your child to be active while you enjoy the recreation facility. We provide a range of activities including puzzles, books, crafts, painting, colouring, games, music, songs, and an array of physical activity. Child minding is available for up to 2.5 hours for patrons of the facility. You must remain in the facility while your child is in the Kids Den, and cell phone contact is required. Ages newborn to 11 years.
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	Personalized whole - body workouts that are both challenging and fun! Prepare to be pushed!). For ‘Stroller-Friendly’ classes, all children must remain strollers.
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	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	1-3	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 in 20 minutes. We will work you through a variety of abdominal and lower back exercises to improve your core strength, posture and balance.
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.
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.
LIVING FIT	2-4	A variety of cardio and resistance exercises specifically designed for the active older adult.
PILATES	3	Improve core strength and muscle balance, improving the way your body functions, looks and feels.
PILATES CORE	3	Classic Pilates exercises done on the mat while using a variety of props such as stability balls and rollers, with emphasis on core strength and stretching. This class will also work the fascia system through a series of movement and stretching exercises.
PILATES BARRE	3	This class will take you through a total body toning workout using the barre, light weights and resistance bands. Combining barre with Pilates movements, this is a great workout for building strength, core and muscle balance.
SPIN	3-5	Enjoy a fun group cycling class that combines cardio training and muscle conditioning. Follow the instructor through exercise routines set to music. 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 & 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 & 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	2-5	This choreographed class uses a step platform to kick your cardio up a notch. Please see the schedule for the class title to determine the level of this class.
STEP & STRENGTH	3-4	This class format combines classic step moves with resistance exercises for a full-body workout. Some step experience is recommended.
STROLLERCIZE	2-4	A high/low cardio and strength class that allows a parent to exercise while spending time with their children). All children must remain strollers. In good weather, this class may go outside.
TABATA INTERVAL TRAINING	4-5	This class will take you through a total body workout that is fun and fast paced. Each set of Tabata is four minutes long alternating between twenty seconds of max training followed by ten seconds of rest for a total of eight rounds. For ‘Stroller-Friendly’ classes, all children must remain strollers.
TOTAL BODY BARRE	2-4	This class set to up-beat music combines movements from Ballet, Pilates, and Yoga while using the barre, light weights, and. resistance bands
TOTAL BODY BLAST	3-4	A well-rounded workout that will increase your metabolism alternating between cardio drills and strength building exercises.
TOTAL BODY STRENGTH	3-4	Train all your muscles using your body weight and portable equipment focusing on strength in a functional way for your daily activities.
WALKING FOR HEALTH	2-4	Take a walk around the track with an experienced instructor. The use of light weights and other exercises 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 - 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 - 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 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 - 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. 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.
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	A Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Great for all fitness levels 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	STRONG by Zumba™ is a brand new fitness class brought to you by the creators of Zumba. STRONG is not a dance class but is a stand-alone new fitness class format. This class combines high intensity interval training with Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. Strong is a High Intensity, total body workout that uses your own body weight for a workout like no other.
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*