

ADULT/FAMILY/YOUTH | PRE-REGISTERED GROUP FITNESS PROGRAM SCHEDULE

| FALL 2020 | OCT 20, 2020 - DEC 20, 2020

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS. ALL STRENGTH AND CONDITIONING CLASSES ARE STROLLER FRIENDLY

PRE-REGISTERED GROUP FITNESS SCHEDULE

Family Friendly (8+) classes are in RED. All other classes are for patrons 13+ yrs. All programs have limited spaces to ensure physical distancing of 3m between participants, please register on Movelearnplay.edmonton.ca to ensure your spot in the class. For Program Descriptions, please see below.

	SUN	MON	TUE	WED	THU	FRI	SAT
ALL ARMS BURST - (FH)			8:15-8:45AM Monique H.		8:15-8:45AM Monique H.		
BOOT CAMP - (FH)		6:30-7:30AM Monique H.		6:30-7:30AM Zhauhara H.			
CARDIO - BURST - (FH)			6:15-6:45PM Monique H.				
CORE - BURST - (FH)				11:45AM-12:15PM Pepie J.	11:30AM-12:00PM Elaine B.	10:15-10:45AM Pepie J.	
CYCLE - BLAST - (PR)	10:45-11:45AM Cindy T.	10:30 - 11:00AM Elise U.	9:00-10:00AM Cheryl F.	6:00-7:00PM Brett H.			8:30-9:30AM Cheryl F.
CYCLE & YOGA FLOW - (FH)					6:00-7:15PM Elise U		
H.I.I.T. - (FH)	9:30-10:15AM Cindy T.	6:00-6:45PM (stroller friendly) Stephanie K.		7:15-8:00PM Ioana D.			
GLUTE CAMP - (FH)		11:30AM-12:00P M (stroller friendly) Stephanie K.	9:00-9:30AM Monique H 5:30-6:00PM Monique H				
LIVING FIT - (FH)			10:00-11:00AM Elaine B.		10:15-11:15AM Elaine B.		
STEP - INTERMEDIATE - (FH)				9:00-10:00AM Tammy L.			9:15-10:15AM Tammy L.
STRENGTH BURST - (FH)				8:15-8:45AM Tammy L.			
STROLLER FIT - (FH)		10:15-11:15AM Stephanie K.					
TABATA - (FH)		9:15-10:00AM Elise U					
TOTAL BODY BLAST - (FH)					9:00-10:00AM Monique H.		
YOGA - HATHA - (MPR 6)		12:30-1:30PM Elise U.	11:30-12:30PM Monique H.		11:30-12:30PM Monique H.		
ZUMBA™ - (FH)		7:00-8:00PM Damara L.		10:30-11:30AM Damara L.	7:00-8:00PM Ashley C.	9:00-10:00AM Mei W.	10:35AM-11:35 AM Damara L.
STRONG NATION™ - (FH)	12:15-1:15P M Ioana D.		7:00-8:00PM Damara & Elise				



****Please register for your class on movelearnplay.edmonton.ca to ensure your spot in your group fitness class.**

***Please bring your own yoga mat and a towel. Yoga programs are held in multi-use studios and may be cool. Warmer clothing is recommended.**
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ACTIVITY DESCRIPTIONS

ALL ARMS BURST	30 minutes dedicated to those bi's, tri's, shoulders, back and chest. Upper body strength is important to ensure you are able to lift, push and pull your way through all of life's challenges. You are going to need a plumber after this class....because those pipes are going to burst!
BOOT CAMP	Challenge your mental and physical strength with heart-pumping cardio drills combined with bodyweight and resistance training exercises. These dynamic, full-body boot camp-style workouts are both challenging and fun. Prepare to sweat and be pushed!
CARDIO - BURST	Short on time? Come and join this Cardio class that packs all of the benefits of interval training in one 30 minute package. Burn calories, torch fat, leave with your metabolism still revving!
CORE - BURST	Build and maintain a strong base. A strong core can help prevent neck, back and hip pain. Nothing core-ny about that! Improve overall function while working through a variety of core-targeted exercises focusing on strength, stability and posture.
CYCLE - BLAST	This multi-level class has something for everyone. Complete with ups and downs, bursts of intervals, and long slow endurance this class is packed with drills and thrills to keep you on the edge of your seat.
CYCLE & YOGA FLOW	Rev up your heart rate with 30 minutes of heart pumping cycling followed by 45 minutes of a strong Flow-style Yoga practice. This fusion class is the perfect combination of work for the mind and body.
H.I.I.T.	Maximize your INTENSITY with our High-Intensity Interval Training class. H.I.I.T. is an efficient way to scorch calories, even after class is done! Build cardiovascular fitness while improving muscular strength and overall endurance. A variety of interval intensities formats may be used. Prepare to get sweaty!
GLUTE CAMP BURST	Never skip leg day! Build a strong lower body with this glute and leg focused workout. Improve lower body and core strength, prevent lower back, hip and knee pain, and function more effectively in your daily activities. Warning... legs may feel shaky after this burst!
LIVING FIT	Move better, live fit! Improve balance, coordination and bone density with a variety of gentle cardio and resistance exercises specifically designed for older adults. Living Fit is designed to keep you moving throughout your daily activities.
STEP - INTERMEDIATE	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.
STRENGTH BURST	Get stronger, leaner and healthier with this 30 minute nothing-but-strength class. Strength training not only makes you stronger in your day-to-day activities, but helps improve bone density, flexibility and overall weight management
STROLLER FIT	Stroller Fit is a functional, total-body conditioning workout combining cardio and resistance training, designed for parents to exercise with their kids in tow. Classes are taught by instructors certified in Pre/Postnatal fitness. All children must remain strollers.
TABATA	Never skip leg day! Build a strong lower body with this glute and leg focused workout. Improve lower body and core strength, prevent lower back, hip and knee pain, and function more effectively in your daily activities. Warning... legs may feel shaky after this burst!
TOTAL BODY BLAST	IGNITE your metabolism with a fun, well-rounded workout that will leave you feeling the burn. Combine cardio and resistance training exercises to increase your strength and stamina.
YOGA - HATHA	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, from those who wish to maintain and deepen their existing yoga practice to those who are new to yoga. Equipment is not provided. Please bring your own yoga mat, towel and props such as blocks and straps, if possible.
ZUMBA™	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.
FAMILY ZUMBA™	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. Children must be 8 years or older to attend.
STRONG NATION™	Stop counting the reps, start training to the beat. STRONG Nation® combines bodyweight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

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***NO Leader-led Programs on Statutory Holidays.** *Schedule subject to change.

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