

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

FALL 2020 | OCT 13

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YRS

PRE-REGISTERED GROUP FITNESS SCHEDULE

Family Friendly (8+) classes are in GREEN. 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
CORE BURST		11:45-12:15PM Damara L.			10:30-11:00AM Stephanie K.		
CARDIO KICKBOXING & STRENGTH	9:30-10:15AM Tammy L.		10:00-11:00AM Tamico				
CYCLE - BLAST				5:15-6:00PM Andrea L.			8:15-9:15AM Tamico R.
GLUTE CAMP BURST					8:30-9:00AM Stephanie K.		
H.I.I.T THE STEP		5:15 - 6:15PM Tammy L.					
H.I.I.T.							9:30-10:15AM Ioana D.
TABATA			9:00-9:45AM Tamico				
TABATA BURST		8:30-9:00AM Tammy L.					
TABATA & CORE		6:45-7:45PM Cindy T.					
TABATA & STRENGTH				6:30-7:30PM Cindy T.			
TOTAL BODY STRENGTH		9:15-10:15AM Tammy L.	5:15-6:15PM Tamico		9:15-10:15AM Stephanie K.		
TOTAL BODY BLAST						10:00-11:00AM Cindy T.	
YOGA - HATHA				10:00-11:00AM Monique H.			
ZUMBA™		10:30-11:30AM Damara L.	6:45-7:45PM Mei & Ashely		6:45-7:45PM Mei W.		
ZUMBA™ FAMILY	10:45-11:45AM Ashley C.						

****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.*

**Please register for your class on movelearnplay.edmonton.ca to ensure your spot in your group fitness class. Space and equipment may be limited to ensure 3m physical distancing between each participant.*

**Masks are required before and after your class. Please ensure you are practicing physical distancing and not gathering before or after the class.*

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ACTIVITY DESCRIPTIONS

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.
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!
H.I.I.T THE STEP	Step up your game! Improve your cardio fitness, agility and coordination. Get your heart pumping by using the STEP for intervals, plyometrics, strength and balance drills. No prior step experience required.
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!
TABATA Stroller Friendly	Take up the INTENSITY with this Tabata-timing style interval training class. Expect to push yourself to the max, utilizing intervals of 20 seconds of work with 10 seconds of rest. High-intensity training not only improves your overall fitness, it helps you burn more calories both during and after your workout.
TABATA & BURST	Get the best of both worlds by combining H.I.I.T and strength. Utilize the Tabata protocol of 20 seconds of HARD work and 10 seconds of rest for half of the class, then give your cardiovascular system a rest while building up your strength. Expect to work hard and push yourself to make the most of this 30 minutes.
TABATA & CORE	Take up the INTENSITY with this Tabata-timing style interval training class. Expect to push yourself to the max, utilizing intervals of 20 seconds of work with 10 seconds of rest. High-intensity training not only improves your overall fitness, it helps you burn more calories both during and after your workout. Finish off your workout with a variety of core-targeted exercises focusing on strength, stability and posture.
TABATA & STRENGTH	Get the best of both worlds by combining H.I.I.T and strength. Utilize the Tabata protocol of 20 seconds of HARD work and 10 seconds of rest for half of the class, then give your cardiovascular system a rest while building up your strength.
TOTAL BODY STRENGTH	Become a force to be reckoned with in this strength-based class. More lean muscle means more calorie burn at rest! You will become a more efficient, fat-burning machine! No-cardio required to work hard in this class.
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.
ZUMBA™ FAMILY	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.

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