

CITY WIDE | VIRTUAL GROUP FITNESS SCHEDULE | May 30 - June 30, 2021

VIRTUAL FITNESS SCHEDULE

BOOT CAMP = BLACK | YOGA = PURPLE | HIIT & TABATA = BLUE | STRONG = ORANGE | STEP = RED | ZUMBA = EGGPLANT |
 PILATES = MOJITO | RECOVERY STRETCH = YELLOW | LIVING FIT = GREY | ESSENTRICS = BROWN |
 STRENGTH & CONDITIONING = PINK | RIDE, ROW OR RUN = BRIGHT BLUE

	SUN	MON	TUE	WED	THU	FRI	SAT
AM	9:00-10:00 AM H.I.I.T. Cindy	9:00-10:00 AM Living Fit Elaine	9:00 - 10:00 AM CARDIO STRENGTH Tammy	9:00-10:00 AM Living Fit Eise	9:00-10:00 AM BOOTCAMP Monique	9:00- 10:00 AM ESSENTRICS Lynn B	9:00 - 10:00 AM STEP Tammy
	10:15 - 11:15 AM ZUMBA Family Ashley/Vincent	9:15-10:00 AM TOTAL BODY BLAST Stephanie	9:15-9:45 AM Living Fit - Strong Jen	9:15-10:00 AM BARRE Stephanie	10:15-11:15 AM ZUMBA Vincent/Damara	9:15-10:00 AM Kick 'n HIIT Jen/Tamico	9:15 - 10:15 AM TOTAL BODY STRENGTH Zhauhara
	10:15AM - 11:15 AM YOGA HATHA Shannon	10:15-10:45 AM ALL ARMS Stephanie	10:15-11:00 AM ZUMBA GOLD Vincent	10:15-11:15 AM TOTAL BODY STRENGTH Tammy	11:30 - 12:00PM CORE EXPRESS Tasha	10:15 - 11:15 AM TOTAL BODY STRENGTH Tamico	10:30 - 11:30 AM ZUMBA Damara
	11:30 AM - 12:30 PM PILATES Shannon	11:45 - 12:30PM ESSENTRICS Tara	11:15 - 11:45AM CORE EXPRESS Stephanie	11:30AM - 12:30 PM ZUMBA Damara/Vincent		11:30- 12:30 PM YOGA CHAIR Paige	10:30 - 11:00 AM CORE EXPRESS (starts June) Zhauhara
NOON & Early Afternoon		12:45 - 1:45 PM YOGA HATHA Elise U	12:15 - 1:15 PM YOGA HATHA Monique	12:45 - 1:45 PM YOGA HATHA Monique	12:15 - 1:15 PM YOGA HATHA Tasha		12:15 - 1:15 PM YOGA YIN Elise
PM		5:00 - 5:50 PM STEP Laura	5:00 - 5:45 PM BARRE Stephanie	5:00 - 5:45 PM CIRCUIT TRAINING Zhauhara	5:00-5:45PM Kick 'n HIIT Jen		
		6:00 - 7:00 PM TOTAL BODY STRENGTH Dot	5:15 - 5:45 PM CORE EXPRESS Meshkin	6:00 - 7:00 PM YOGA FLOW Rouba	6:00-7:00 PM TABATA Zhauhara		
		7:00 - 8:00 PM YOGA HATHA Tara	6:00-7:00 PM BOOTCAMP Meshkin	7:15-8:15 PM STRONG NATION Vincent/Damara	6:15-7:00 PM PILATES BARRE Raena	5:00 - 5:45 PM H.I.I.T. Tamico	
		7:15-8:15 PM ZUMBA Damara/Mei	7:15-8:15 PM ZUMBA Lisette/Ashley	7:15-8:00 PM PILATES Raena	7:15 - 8:15 PM ZUMBA Ashley/Mei		
		8:30 - 9:00 PM MINI MEDITATION Shannon	8:30 - 9:00 PM RECOVERY STRETCH Kim	8:30 - 9:00 PM MINI MEDITATION Raena	7:15 - 7:45 PM RECOVERY STRETCH Raena		

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ACTIVITY DESCRIPTIONS & INTENSITY RATING		
ALL ARMS	3-4	Lift, push and pull your way to strong, tone muscles with this upper body-focused weight-training class.
BARRE	3-4	Get strong, long and lean with this total-body class that incorporates isometric and mobility exercises. You'll get a solid leg shaking, arm blasting, everything-is-burning-and-I-want-to-cry workout.
BOOTCAMP	3-5	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!
CORE EXPRESS		A strong core can help prevent neck, back and hip pain. Improve overall function while working through a variety of core-targeted exercises focusing on strength, stability and posture.
ESSENTRICS	3	Perfect for all fitness levels, the simultaneous combination of stretching and strengthening rebalances the body, prevents and treats injuries and unlocks the joints. This class will increase flexibility and mobility for a healthy, toned and pain free body.
H.I.I.T. & TABATA	4-5	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 may be used. Prepare to get sweaty! Tabata is typically a 20 sec of work, with 10 sec of rest for several intervals (usually 8).
Kick 'n HIIT	4-5	Build stamina, improve coordination and flexibility, and torch calories with this kickboxing inspired class. Combined with High Intensity Interval Training, this class will leave you feeling strong both physically and mentally! No experience needed, suitable for all fitness levels.
LIVING FIT	2-3	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.
LIVING FIT - STRONG	2-3	Improve balance, coordination and bone density with a variety of gentle cardio and resistance exercises specifically designed for older adults or those new to fitness.
MINI MEDITATION	1-2	Using a combination of gentle movement and stillness, find a sense of calm, peace and balance that will benefit your emotional well-being and overall health. 30 minutes Meditation may be just what you need to complete your wellness plan.
PILATES	3-4	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.
PILATES BARRE	3-4	A total-body toning workout which infuses elements of ballet, dance and Pilates to lengthen and strengthen the body.
STEP/HiLo	3-4	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. HiLo options are given for cardio without the Step.
STRONG NATION™	3-4	Stop counting the reps. Start training to the beat. STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.
TOTAL BODY BLAST	3-4	Boost 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.
TOTAL BODY STRENGTH	3-4	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 CHAIR	2-3	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	3-4	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 and mindfulness, at times pausing to investigate poses and bring awareness to the specifics of alignment. This class will build strength, stamina and deepen balance.
YOGA GENTLE	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	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

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		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 YIN	2-3	Yin yoga is a meditative style of yoga, practiced mainly on the mat, where deep stretches are held for long periods to challenge the mind to surrender and allow the body to open.
RECOVERY STRETCH	2-3	Give your body the TLC it deserves after a long day. Join in our 30 minute myofascial release and stretch class that will help you sleep well and recover so you are ready to slay the next day!
ZUMBA™	3	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 GOLD™	2-3	Featuring Latin rhythms, Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, those with limited mobility, 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



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