

# CITY WIDE | VIRTUAL GROUP FITNESS SCHEDULE | January 02 - 31 2021

Virtual FITNESS SCHEDULE							
BOOT CAMP = BLACK   YOGA = PURPLE   HIIT & TABATA = BLUE   STRONG = ORANGE   STEP = RED   ZUMBA = EGGPLANT   PILATES = MOJITO   ZUMBINI = YELLOW   LIVING FIT = GREY   ESSETRICS = BROWN   TOTAL BODY STRENGTH = PINK   RIDE, ROW OR RUN = BRIGHT BLUE							
	SUN	MON	TUE	WED	THU	FRI	SAT
<b>AM</b>	9:00-10:00 AM <b>H.I.I.T.</b> Cindy  10:15 - 11:15 AM <b>ZUMBA Family</b> Ashley/Vincent  11:30 AM - 12:30 PM <b>PILATES</b> Shannon	9:00-10:00 AM Living Fit Elaine  10:15-11:15 AM <b>ZUMBA</b> Christina/Elitsa  11:45 - 12:30PM <b>ESSETRICS</b> Lynn B (starts Jan 11)	9:00 - 10:00AM <b>CARDIO STRENGTH</b> Tammy  10:15 - 11:00 AM <b>TABATA</b> Stephanie  11:15 - 11:45AM <b>CORE STRENGTH</b> Stephanie	9:00-10:00 AM Living Fit Eise  10:15-11:15 AM <b>TOTAL BODY STRENGTH</b> Tammy  11:30AM - 12:30 PM <b>ZUMBA</b> Damara/Vincent	9:00-10:00 AM <b>BOOTCAMP</b> Monique  10:15-11:15 AM <b>ZUMBA</b> Vincent/Damara  11:30 - 12:00PM <b>GLUTE CAMP</b> Tasha	9:00- 10:00 AM <b>ESSETRICS</b> Lynn B  10:15 - 11:15 AM <b>TOTAL BODY STRENGTH</b> Tamico  11:30AM - 12:00PM <b>ZUMBINI</b> Damara	9:15 - 10:15 AM <b>TOTAL BODY STRENGTH</b> Zhouhara  10:30 - 11:30 AM <b>ZUMBA</b> Damara  11:45AM - 12:45 PM <b>YOGA FLOW</b> Rouba
<b>NOON &amp; Early Afternoon</b>		12:45 - 1:45 PM <b>YOGA HATHA</b> Elise U  2:00 - 3:00 PM <b>YOGA YIN</b> Tasha	12:15 - 1:15 PM <b>YOGA HATHA</b> Monique H  2:00 - 3:15 PM <b>YOGA GENTLE &amp; Meditation</b> Paige	12:45 - 1:45 PM <b>YOGA HATHA</b> Monique H  2:00 - 3:00 PM <b>YP(Yoga/Pilates) FUSION</b> Raena	12:15 - 1:15 PM <b>YOGA HATHA</b> Tasha D  2:00 - 3:00 PM <b>YOGA GENTLE</b> Paige	12:15 - 1:15 PM <b>YOGA YIN</b> Elise U  1:30- 2:30 PM <b>YOGA CHAIR</b> Paige	
<b>PM</b>		5:00 - 5:50 PM <b>STEP</b> Laura  6:00 - 7:00 PM <b>TOTAL BODY STRENGTH</b> Dot  7:15-8:15 PM <b>ZUMBA</b> Damara/Mei	4:45 - 5:45 PM <b>YOGA Yin/Yang</b> Tasha  6:00-7:00 PM <b>BOOTCAMP</b> Meshkin  7:15-8:15 PM <b>ZUMBA</b> Lisette/Ashley	5:00 - 5:45 PM <b>CIRCUIT TRAINING</b> Zhouhara  6:00 - 7:00 PM <b>YOGA FLOW</b> Rouba E  7:15-8:15 PM <b>STRONG NATION</b> Vincent/Damara	5:00 - 5:45 PM <b>RIDE, ROW or RUN</b> (starts Jan21)  6:00-7:00 AM <b>TABATA</b> Zhouhara  7:15 - 8:15 PM <b>ZUMBA</b> Ashley/Mei	5:00 - 5:45 PM <b>H.I.I.T.</b> Tamico  7:00 - 8:00PM <b>YOGA HATHA</b> Paige	



\***NO Leader-led Programs on Statutory Holidays.** Please register for your virtual class on [movelearnplay.edmonton.ca](https://movelearnplay.edmonton.ca). You will receive the link to your virtual class by one hour before the class begins. If you do not receive the Zoom Link, please email: [coe.groupfitness@edmonton.ca](mailto:coe.groupfitness@edmonton.ca).

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ACTIVITY DESCRIPTIONS & INTENSITY RATING		
<b>BOOTCAMP</b>	<b>3-5</b>	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!
<b>H.I.I.T. &amp; TABATA</b>	<b>4-5</b>	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).
<b>LIVING FIT</b>	<b>2-3</b>	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.
<b>ZUMBINI</b>		Created by Zumba® and BabyFirst for kids ages 0-3, the Zumbini® program combines music, dance and educational tools for 45 minutes of can't-stop, won't-stop bonding, learning, and fun!
<b>PILATES</b>	<b>3-4</b>	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.
<b>STEP/HiLo</b>	<b>3-4</b>	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.
<b>STRONG NATION™</b>	<b>3-4</b>	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.
<b>YOGA CHAIR</b>	<b>3</b>	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.
<b>YOGA FLOW</b>	<b>3-4</b>	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.
<b>YOGA GENTLE</b>	<b>3</b>	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.
<b>YOGA HATHA</b>	<b>3</b>	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.
<b>YOGA YIN</b>	<b>3</b>	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.
<b>YOGA YIN/YANG</b>	<b>3</b>	Blend the heart-pumping Yang with the stretches of Yin for a completely balanced Yoga practice. 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. Yang Yoga gets your heart pumping with Flow and strength- building postures.
<b>ZUMBA™</b>	<b>3</b>	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 For 'Family Friendly' classes, children must be 8 years or older to attend.
<b>ECCENTRICS</b>	<b>3</b>	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.
<b>TOTAL BODY STRENGTH</b>	<b>3-4</b>	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.
<b>RIDE, ROW or RUN</b>	<b>2-5</b>	Time to find another place for your laundry because you have found the perfect class that will get you motivated to use your at-home cardio machine. This class will work with any bike, treadmill, rower, stepper or other cardio machine that has been gathering dust. This class is geared for all levels (walking is always an option).
<b>INTENSITY RATING SCALE: 1 = V.Light Intensity Exercise   2 = Light Intensity   3 = Moderate Intensity   4 = Vigorous Intensity   5 = Max Effort Intensity</b>		



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