

CITY WIDE | VIRTUAL GROUP FITNESS SCHEDULE | March 1 - March 31, 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 TOTAL BODY STRENGTH = 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 10:15 - 11:15 AM ZUMBA Family Ashley/Vincent 11:30 AM - 12:30 PM PILATES Shannon	9:00-10:00 AM Living Fit Elaine 10:15-11:15 AM ZUMBA Margareta/Elitsa 11:45 - 12:30PM ESSENTRICS	9:00 - 10:00AM CARDIO STRENGTH Tammy 10:15 - 11:00 AM TABATA Stephanie 11:15 - 11:45AM CORE STRENGTH Stephanie	9:00-10:00 AM Living Fit Eise 10:15-11:15 AM TOTAL BODY STRENGTH Tammy 11:30AM - 12:30 PM ZUMBA Damara/Vincent	9:00-10:00 AM BOOTCAMP Monique 10:15-11:15 AM ZUMBA Vincent/Damara 11:30 - 12:00PM CORE STRENGTH Tasha	9:00- 10:00 AM ESSENTRICS Lynn B 10:15 - 11:15 AM TOTAL BODY STRENGTH Tamico	9:15 - 10:15 AM TOTAL BODY STRENGTH Zhauhara 10:30 - 11:30 AM ZUMBA Damara 11:45AM - 12:45 PM YOGA FLOW Rouba
NOON & Early Afternoon		12:45 - 1:45 PM YOGA HATHA Elise U	12:15 - 1:15 PM YOGA HATHA Monique H 2:00 - 3:15 PM YOGA GENTLE & Meditation Paige	12:45 - 1:45 PM YOGA HATHA Monique H 2:00 - 3:00 PM YP(Yoga/Pilates) FUSION Raena	12:15 - 1:15 PM YOGA HATHA Tasha D 2:00 - 3:00 PM YOGA GENTLE Paige	12:15 - 1:15 PM YOGA YIN Elise U 1:30- 2:30 PM YOGA CHAIR Paige	
PM		5:00 - 5:50 PM STEP Laura 6:00 - 7:00 PM TOTAL BODY STRENGTH Dot 7:15-8:15 PM ZUMBA Damara/Mei	5:15 - 5:45PM CORE STRENGTH Meshkin 6:00-7:00 PM BOOTCAMP Meshkin 7:15-8:15 PM ZUMBA Lisette/Ashley 8:30 - 9:00 PM RECOVERY STRETCH Meshkin	5:00 - 5:45 PM CIRCUIT TRAINING Zhauhara 6:00 - 7:00 PM YOGA FLOW Rouba E 7:15-8:15 PM STRONG NATION Vincent/Damara	6:00-7:00 AM TABATA Zhauhara 7:15 - 8:15 PM ZUMBA Ashley/Mei 8:30 - 9:00 PM RECOVERY STRETCH Meshkin	5:00 - 5:45 PM H.I.I.T. Tamico 7:00 - 8:00PM YOGA HATHA Paige	



*NO Leader-led Programs on Statutory Holidays. Please register for your virtual class on 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.

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ACTIVITY DESCRIPTIONS & INTENSITY RATING		
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!
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).
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.
Friday Feb 12 Valentines Fitness Event	2-4	Celebrate the Valentines and Family Day weekend in your household virtually!! We have a challenge for you and your loved ones on Friday Feb 12th! We start off with some HIGH INTENSITY INTERVAL TRAINING (5- 5:40pm) then move your hips to SALSA lessons (Family members encouraged but not needed) (5:45 - 6:15pm) and finish it off with 30 minutes of HATHA Yoga (6:20 - 7:00). Have a date night in your home or get the family involved! Partner exercises will be included, but partners are not needed.
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.
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.
YOGA CHAIR	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	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 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	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	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.
ECCENTRICS	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.
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.
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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