

CITY WIDE DROP IN YOGA & PILATES SCHEDULE | FALL 2018 | SEP 2 - DEC 22

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

DROP-IN YOGA SCHEDULE

Standard classes are 60 minutes. 'Plus' classes (++) are more than 60 minutes. 'Express' classes (**) are less than 60 minutes.
For Program Descriptions and Intensity Ratings, please see below.

FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
ALFRED H. SAVAGE CENTRE ***		6:30-7:30PM (Flow) Pre-Registration Required					
CLAREVIEW COMMUNITY RECREATION CENTRE	9:30-10:30AM (Hatha) 10:45-11:45AM (Hatha) 7:00-8:00PM (Relax&Restore)	10:45-11:45AM (Hatha Gentle) 6-7PM (Yoga Yin) 7:15-8:15PM (Hatha)	9:15-10:15AM (Hatha) 10:30-11:30AM (Flow) 12-1PM (Hatha Gentle) 6:30-7:15PM (Happy Hips) 7:30-8:30PM (Relax&Restore)	9:15-10:15AM (Hatha) 10:30-11:15AM (Happy Hips) 11:30AM-12:30PM (Chair) 6:15-7:15PM (Flow) 7:30-8:45PM ++ (Yin + Meditation)	10:30-11:30AM (Hatha) 6:15-7:15PM (Hatha) 7:30-8:30PM (Power)	9:15-10:15AM (Hatha) 10:30-11:30AM (Gentle)	10:45-11:45AM (Flow)
COMMONWEALTH COMMUNITY RECREATION CENTRE	11:30AM-12:45PM (Hatha Gentle)	12-1PM (Hatha) 1:15-2:15PM (Hatha Gentle) 7:45-8:45PM (Yoga Pilates Fusion)	12-1PM (Yoga Pilates Fusion)	9:30-10:30AM (Hatha) 10:45-11:45AM (Chair) 12:30-1:30PM (Yin) 6:55-7:55PM (Hatha)	9:15-10:15AM (Hatha) 7-8PM (Hatha)	12-1PM (Yoga Pilates Fusion) 1:15-2:30PM ++ (Yin)	9-10:15AM ++ (Hatha)
KINSMEN SPORTS CENTRE	2-3:15PM ++ (Hatha Intermediate) 3:30-4:45PM ++ (Hatha)	10:45am-12PM (Hatha) 6-6:45PM xx (Athletic) 7-8:15PM ++ (Hatha + Mediation)	12-1PM (Pilates Core) 2-3:15PM ++ (Yin) 6:30-7:45PM ++ (Hatha) 8-9PM (Flow)	11AM-12PM (Pilates Core) 2-3PM (Happy Hips) 6-7PM (Hatha Gentle) 7:15-8:15PM (Hatha Intermediate)	9:15-10:45AM ++ (Hatha Gentle) 12-1PM (Yoga Pilates Fusion) 6:30-7:45PM ++ (Yin) 8-9PM (Flow)	12-1:15PM ++ (Hatha) 6:30-7:45PM ++ (Power)	2-3:15PM ++ (Hatha)
LONDONDERRY FITNESS AND LEISURE CENTRE			6:15-7:15PM (Hatha Intermediate)	7:30-8:30PM (Hatha Mixed)	8-9PM (Hatha Mixed)		10:45-11:45AM (Hatha)
MILL WOODS RECREATION CENTRE	11:15AM-12:15PM (Hatha)	7:30-8:30PM (Hatha)		7:30-8:30PM (Hatha)			10:30-11:45AM (Yin)
PRINCE OF WALES ARMOURIES		9:30-10:45AM (Hatha)		9:30-10:30AM (Hatha)		9:30-10:30AM (Hatha)	
TERWILLEGAR COMMUNITY RECREATION CENTRE	9-10AM (Flow) 10:15-11:15AM (Yin/Yang) 12:45-1:45PM (Hatha) 7-8PM (Relax&Restore)	11:45AM-12:45PM (Hatha Gentle) 12-1PM (Hatha) 6:15-7PM (Happy Hips) 6-7:15PM (Spin & Yoga Flow)	12-1PM (Chair) 12-1PM (Hatha) 6:25-7:25PM (Pilates) 7:30-8:30PM (Pilates Core)	9:30-10:45AM (Spin & Yoga Flow) 11:45AM-12:45PM (Hatha Gentle) 1-2:15PM ++ (Yin/Yang)	6-7AM (Athletic) 11:15AM-12:15PM (Chair) 12:15-1:15PM (Hatha) 2:45-3:45PM (Yoga Pilates Fusion) 5:15-6PM (Happy Hips)	9-10AM (Pilates) 12-1PM (Hatha) 1-2PM (Spin & Yoga Hatha) 2:30-3:45PM ++ (Relax&Restore) 5:45-6:45PM (Hatha)	9-10:15AM ++ (Hatha)
THE MEADOWS COMMUNITY RECREATION CENTRE	9:30-10:45AM ++ (Hatha) 7-8PM (Relax&Restore)	10-11AM (Hatha) 12-12:45PM (Happy Hips) 2-3PM (Chair) 6-7PM (Flow) 7:15-8:15PM (Pilates)	9:30-10:30AM (Hatha) 11:30AM-1PM (Hatha Gentle + Meditation) 7-8pm (Hatha)	9:30-10:30AM (Chair) 10:45-11:45AM (Hatha) 1:15-2:15PM (Hatha Gentle) 5-6PM (Hatha Gentle) 6:15-7:15PM (Happy Hips)	9:30-10:30AM (Hatha Women's Only) 11:30AM-12:30PM (Hatha) 5:45-6:45PM (Hatha Family Friendly) 7-8PM (Relax&Restore)	9:30-10:30AM (Chair) 12-1PM (Hatha Gentle)	8:30-9:30AM (Hatha) 12:15-1PM (Happy Hips)

*** Alfred H. Savage Centre: Pre-registration is required. Please go to [My Rec Guide :: City of Edmonton](#) to register.



*NO Leader-led Programs and Kid's Den on Statutory Holidays. *Schedule subject to change. Please visit [edmonton.ca/FacilityNotifications](#) for updates on closures or class cancellations. **DOWNLOAD the Rec Centres Mobile App & Build your custom drop-in program schedule**, search for 'City Rec Centres' on the App Store ©, or Google Play ©. Or visit [edmonton.ca/FindYourFit](#) for weekly drop-in schedules. **Revised October 10, 2018.**

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ACTIVITY DESCRIPTIONS & INTENSITY RATING		
HATHA	2-3	This class accommodates a wide range of experience levels from beginner to students that have practiced for a long period of time. The class works on a balance between strength and flexibility while building endurance and improving your breathing and posture.
HATHA GENTLE	1-2	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.
HATHA INTERMEDIATE	3-4	Intended for experienced yogis. This class works on a balance between strength and flexibility with a focus on technique and detailed alignment while building endurance and improving awareness of breath and posture. More challenging balances, inversions, floor and standing poses will be given to build on your yoga foundation and knowledge.
HATHA WOMEN'S ONLY	2-3	Same great practice as our Hatha class, but intended for women only and led by a female instructor.
ATHLETIC	3-4	Intended for athletes (or athletes at heart) who seek to challenge themselves with a class that helps expose weaknesses in order to strengthen. Emphasis on improving breath control/recovery, finding the core to drive movement and stabilization of shoulders and pelvis. The aim is to create greater symmetry in the body and maintain a calm mind in sport and life.
CHAIR	1-3	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.
FLOW	2-4	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 & mindfulness, at times pausing to investigate poses & bring awareness to the specifics of alignment. This class will build strength, stamina and deepen balance.
HAPPY HIPS	2-3	Intended for everybody looking to increase their hip health. This class will focus on increasing flexibility, strength and stability of the hip joint, helping your hips feel happy and healthy.
POWER	4-5	Intended for experienced yogis. Inspired by the Ashtanga practice, this class connects breath to movement and flows at a faster rhythm to increase stamina, strength, flexibility and balance. It begins with a series of sun salutations and standing postures, including balancing and inversions, followed by more challenging floor poses.
RELAX & RESTORE (R&R)	1	Intended for everybody. Relax & Restore your body and mind. R&R is a blended Yin and Restorative-style deep stretch and meditative focused class. This class promotes deep tranquility for the body and mind through supportive poses with the use of props so that you can relax completely and open gently.
YIN	2-4	Intended for everybody looking for a deep release. 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. It focuses on the body's connective tissues; ligaments, tendons, and fascia – with the aim of increasing circulation in the joints and improving flexibility.
YIN/YANG	2-4	Intended for everybody looking for a great combination class. Balance your practice with the strong Yang energy created by dynamic poses mixed with the calm, relaxing poses of Yin held for longer to cool and stretch your tissues and joints.
YOGA PILATES (YP) FUSION	2-3	Intended for everybody. Increase your stability, strength, and flexibility while improving your mind-body connection with the combination of Yoga and Pilates.
+ MEDITATION	2-4	A meditation component is added to your Yoga practice. Yoga was originally created to help prepare, train and condition the mind and body for longer periods of meditation. Whether you are just starting your meditative journey or you have a seasoned practice, this class will give you the opportunity to practice yoga and meditation in a group setting.
PILATES	3	Improve core strength and muscle balance, improving the way your body functions, looks and feels.
PILATES CORE	3	Classic Pilates exercises done on the mat while using a variety of props such as stability balls and rollers, with emphasis on core strength and stretching. This class will also work the fascia system through a series of movement and stretching exercises.

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

