CITY-WIDE DROP-IN YOGA SCHEDULE

HOLIDAY 2017/18 | DEC 24 – JAN 6

DROP-IN YOGA SCHEDULE Family Friendly (8+) classes are in blue All other classes are for participants 13 years old and up

HOLIDAYS HOURS: DECEMBER 24 & 31: OPEN-4PM | DECEMBER 25: FACILITY CLOSED |
DECEMBER 26 & JANUARY 1: 8AM-8PM (Commonwealth/Kinsmen) or 7AM-9PM (Clareview/Terwillegar/The Meadows)
NO LEADER-LED PROGRAMS ON STATUTORY HOLIDAYS: DECEMBER 26 & JANUARY 1

FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
CITY ARTS CENTRE				5:25-6:25PM (Mixed Level)			
CLAREVIEW COMMUNITY RECREATION CENTRE	9:30-10:30AM (Mixed Level) 10:45-11:45AM (Mixed Level)		9:15-10:15AM (Mixed Level) 12-1PM (Gentle) 5:45-6:45PM (Chair)	9:15-10:15AM (Mixed Level) 11:30AM-12:30PM (Chair) 6:15-7:15PM (Yin) 7:30-8:45PM ++ (Yin & Meditation)	10:30-11:30AM (Mixed Level) 7-8PM (Mixed Level)	9:15-10:15AM (Mixed Level) 10:30-11:30AM (Gentle)	10:45-11:45AM (Vinyasa Flow Level I)
COMMONWEALTH COMMUNITY RECREATION CENTRE	11:30am-12:30PM (Gentle)		12-1PM (YP Fusion)	9:30-10:30AM (Mixed Level) 10:45-11:45AM (Chair) 12:30-1:30PM (Yin) 6:55-7:55PM (Mixed Level)	9:15-10:15AM (Mixed Level) 7-8PM (Mixed Level)	12-1PM (YP Fusion) 1:15-2:30PM ++ (Yin)	9-10:15AM ++ (Mixed Level)
KINSMEN SPORTS CENTRE	2-3:15PM ++ (Level II)		2-3:15PM ++ (Yin) 6:30-7:45PM ++ (Mixed Level) 8-9PM (Level II)	1:15-2:15PM (Mixed Level) 7:15-8:15PM (Vinyasa Flow Level II)	9:15-10:45AM ++ (Mixed Level) 12-1PM (YP Fusion) 6:30-7:45PM ++ (Yin)	10:30-11:30AM (Chair) 12-1:15PM ++ (Mixed Level) 6:30-7:45PM ++ (Power)	2-3:15PM ++ (Mixed Level)
LONDONDERRY FITNESS AND LEISURE CENTRE			6:15-7:15PM (Level II)	7:30-8:30PM (Mixed Level)	8-9PM (Mixed Level)		12:30-1:30PM (Mixed Level)
MILL WOODS RECREATION CENTRE				7:30-8:30PM (w/ Weights)			10:30-11:30AM (Yin)
PRINCE OF WALES ARMOURIES				9:30-10:45AM (Mixed Level)		9:30-10:45AM (Mixed Level)	
TERWILLEGAR COMMUNITY RECREATION CENTRE	9-10AM (Vinyasa Flow Level I) 10:15-11:15AM (Vinyasa Flow Level II) 12:45-1:45PM (Mixed Level)		11:45AM-12:45PM (Chair) 12-1PM (Mixed Level)	11:45AM-12:45PM (Chair) 11:45AM-12:45PM (Gentle) 1-2:15PM ++ (Mixed Level)	6-7AM (Vinyasa Flow Level I) 12:15-1:15PM (Mixed Level) 2:45-3:45PM (YP Fusion) 6-7PM (Vinyasa Flow Level II)	12-1PM (Mixed Level) 2:30-3:45PM ++ (Relax&Restore) 7-8PM (Relax&Restore)	9-10:15AM ++ (Mixed Level)
THE MEADOWS COMMUNITY RECREATION CENTRE	9-10AM (Relax&Restore) 10:15-11:15AM (Vinyasa Flow Level I)		9:30-10:30AM (Mixed Level) 11:30AM-1PM (Gentle & Meditation) 7-8PM (Mixed Level)	9:15-10:15AM (Chair) 1-2PM (Yin) 6-7PM (Yin)	9:30-10:30AM (Women's Only) 5:45-6:45PM (Family Friendly) 7-8PM (Relax&Restore)	9:30-10:30AM (Chair) 12-1PM (Gentle) 6:45-7:45PM (Mixed Level)	8:30-9:30AM (Mixed Level)

City of Edmonton Recreation centres

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ACTVITY DESCRIPTIONS	
YOGA - MIXED LEVEL	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. Yoga mats are not provided.
YOGA - LEVEL II	Yoga experience required for this class. The class works on a balance between strength and flexibility while building endurance and improving your breathing and posture. This class will take you through inversions and more challenging poses to build on your Yoga foundation and knowledge. Yoga mats are not provided.
YOGA - ATHLETIC	Challenge yourself with a class that helps expose weaknesses to strengthen. We focus 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 in life.
YOGA - CHAIR	In chair yoga, traditional yoga poses are adapted so that they can be safely done sitting in a chair or using a chair for support, making yoga more accessible for people challenged by standing for long periods or mobility in moving to and from the floor.
YOGA - GENTLE	A low intensity yoga which is ideal for beginners who want to learn more about yoga and work on flexibility.
YOGA & MEDITATION	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.
YOGA PILATES (YP) FUSION	Increase your stability, strength, and flexibility while improving your mind-body connection with the combination of Yoga and Pilates
YOGA - RELAX & RESTORE (R&R)	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.
YOGA - VINYASA FLOW LEVEL I	A dynamic sequence of postures that synchronizes breath with movement and integrates awareness and alignment. This class will involve strength and stamina through full body movements. Yoga Mats are not provided.
YOGA - VINYASA FLOW LEVEL II	Level 2 is a more advanced yoga flow class that will build upon the sequence of postures and movement and increase alignment, body awareness and flexibility. This class will involve strength and stamina through full body movements. Yoga mats are not provided.
YOGA - WOMEN'S ONLY	Work on a balance between strength and flexibility while building endurance and improving your breathing and posture. This class is designed specifically for women, taught by a female instructor. All levels welcome.
YOGA - YIN	Yin yoga is an increasingly popular slow-paced, meditative style of yoga, practiced mainly on the mat with poses that are held passively for several minutes at a time. It focuses on the body's connective tissues; ligaments, tendons, and fascia – with the aim of increasing circulation in the joints and improving flexibility. Suitable for all levels. Yoga mats are not provided.

- Standard classes are 60 minutes. 'Plus' classes (++) are more than 60 minutes. 'Express' classes (××) are less than 60 minutes.
- No drop-in classes or Kids' Den hours on statutory holidays.
- Schedule subject to change. Please visit www.edmonton.ca/RecCentreNotifications for updates on closures/cancellations. Visit www.edmonton.ca/FindYourFit for weekly drop-in schedules.
- **Please bring your own yoga mat and a towel.**

Revised: November 29, 2017

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