

CITY WIDE DROP IN ZUMBA SCHEDULE

| FALL 2018 | SEP 2 - DEC 22

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS, FAMILY FRIENDLY (8+ YEARS) CLASSES ARE IN BLUE

DROP-IN ZUMBA SCHEDULE							
FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
CLAREVIEW COMMUNITY RECREATION CENTRE	10:45-11:45AM	9:30-10:30AM 8:15-9:15PM	10:30-11:30AM <i>(Zumba Gold)</i> 6:30-7:30PM	9:15-10:15AM 6:15-7:15PM	9:15-10:15AM 6-7PM <i>(STRONG)</i>	12-1PM 6-7PM	10:15-11:15AM
COMMONWEALTH COMMUNITY RECREATION CENTRE	10-11AM	10:45-11:45AM 6-7PM 7:30-8:30PM <i>(STRONG)</i>		10:45-11:45AM 5:45-6:45PM 7:30-8:30PM <i>(STRONG)</i>	10:30-11:30AM <i>(STRONG)</i> 6-7PM	10:45-11:45AM	12-1PM <i>(STRONG)</i>
KINSMEN SPORTS CENTRE		6:45-7:45PM <i>(STRONG)</i>		6-7PM 7:15-8:15PM		10:30-11:30AM	10:05-11:05AM
LONDONDERRY FITNESS AND LEISURE CENTRE	10-11AM				11-12AM		
MILL WOODS RECREATION CENTRE	10-11AM		6-7PM		6-7PM	5:30-6:30PM	
ST. FRANCIS XAVIER SPORTS CENTRE		5:55-6:55PM		5:55-6:55PM			
TERWILLEGAR COMMUNITY RECREATION CENTRE	9:30-10:30AM <i>(STRONG)</i> 9:45-10:45AM 7:45-8:45PM	9-10AM 8:30-9:30PM	8-9AM 10:45-11:45AM <i>(Zumba Gold)</i> 5:45-6:45PM 7-8PM <i>(STRONG)</i>	9-10AM 5:45-6:45PM 8:35-9:35PM	1:30-2:30PM <i>(Zumba Gold)</i> 7:30-8:30PM	9-10AM	10-11AM 11:10-12:10PM <i>(STRONG)</i>
THE MEADOWS COMMUNITY RECREATION CENTRE	3:45-4:45PM <i>(STRONG)</i>	7:15-8:15AM <i>(Zumba Gold)</i> 11:45-12:45AM <i>(Zumba Gold)</i> 7-8PM 8:15-9:15PM <i>(STRONG)</i>	9-10AM 6-7PM	11:45-12:45PM <i>(Zumba Gold)</i> 7:45-8:45PM	9-10AM 6-7PM	10:45-11:45AM 7-8PM <i>(STRONG)</i>	11:45-12:45AM 1-2PM

ACTIVITY DESCRIPTIONS & INTENSITY RATING		
ZUMBA™	2-4	A Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Great for all fitness levels.
ZUMBA GOLD	1-3	Featuring Latin rhythms, Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.
ZUMBA FAMILY (8+)	1-4	Learn to move and groove as a family in this Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Children must be 8 years or older to attend.
ZUMBA STRONG	3-5	STRONG by Zumba™ is a brand new fitness class brought to you by the creators of Zumba. STRONG is not a dance class but is a stand-alone new fitness class format. This class combines high intensity interval training with Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. Strong is a High Intensity, total body workout that uses your own body weight for a workout like no other.
INTENSITY RATING SCALE: 1 = V.Light Intensity Exercise 2 = Light Intensity 3 = Moderate Intensity 4 = Vigorous Intensity 5 = Max Effort Intensity		



*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 August 8, 2018.**

