

CITY-WIDE DROP-IN ZUMBA SCHEDULE

SUMMER 2017 | JUL 2 – SEP 2

DROP-IN ZUMBA SCHEDULE							
Family Friendly (8+) classes are in blue All other classes are ages 13+							
FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
CENTRAL LIONS RECREATION CENTRE			5:30-6:30PM				
CLAREVIEW COMMUNITY RECREATION CENTRE	10:45-11:45AM	9:30-10:30AM 10:30-11:30AM (Gold) 8:15-9:15PM	6:30-7:30PM	9:30-10:30AM 6:15-7:15PM	9:15-10:15AM 6:00-7:00PM (STRONG)	12-1PM 6:00-7:00PM	10:15-11:15AM
COMMONWEALTH COMMUNITY RECREATION CENTRE	10-11AM	6-7PM 7:15-8:15PM		10:45-11:45AM 5:45-6:45PM	6-7PM	10:45-11:45AM	
KINSMEN SPORTS CENTRE				6-7PM			10:05-11:05AM
LONDONDERRY FITNESS AND LEISURE CENTRE	10-11AM				11-12AM		
MILL WOODS RECREATION CENTRE			6-7PM		5:45-6:45PM	5:30-6:30PM	
ST. FRANCIS XAVIER		5:55-6:55PM		5:55-6:55PM			
TERWILLEGAR COMMUNITY RECREATION CENTRE	9:45-10:45AM	9-10AM 8:30-9:30PM	10:45-11:45AM (Gold) 5:45-6:45PM 7-8PM (STRONG)	9-10AM 5:45-6:45PM	1:30-2:30PM (Gold) 7:30-8:30PM	9-10AM	10-11AM 11:10-12:10PM (STRONG)
THE MEADOWS COMMUNITY RECREATION CENTRE		11:45-12:45AM (Gold) 7-8PM	9-10AM 6:00-7:00PM	7:45-8:45PM 11:45-12:45PM (Gold)	9-10AM 6-7PM	10:45-11:45AM 7-8PM (STRONG)	11:45-12:45AM 1-2PM

- No drop-in classes or Kids' Den hours on statutory holidays (July 3 & August 7).
- 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.

ACTIVITY DESCRIPTIONS	
ZUMBA	A Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Great for all fitness levels.
ZUMBA GOLD	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+)	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	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.

Revised: June 14, 2017