

ADULT/YOUTH | DRYLAND DROP-IN PROGRAM SCHEDULE

| SUMMER 2019 | JUN 30 - AUG 31

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

FACILITY HOURS ON STATUTORY HOLIDAYS : 11:00AM - 7:00PM

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|------------------------------|--|------------|------------|------------|------------|------------|------------|
| ADMISSION DESK | 7AM-9:30PM | 7AM-9:30PM | 7AM-9:30PM | 7AM-9:30PM | 7AM-9:30PM | 7AM-9:30PM | 7AM-9:30PM |
| FITNESS CENTRE | 7AM-10PM | 7AM-10PM** | 7AM-10PM | 7AM-10PM** | 7AM-10PM | 7AM-10PM** | 7AM-10PM** |
| | **During Circuit Training programs, selectorized weight machines and cardio machines will be available** | | | | | | |
| OPEN TRACK | 7AM-10PM | 7AM-10PM | 7AM-10PM | 7AM-10PM | 7AM-10PM | 7AM-10PM | 7AM-10PM |
| OPEN GYM | 7AM-10PM | 7AM-10PM | 7AM-10PM | 7AM-10PM | 7AM-10PM | 7AM-10PM | 7AM-10PM |
| DROP-IN BADMINTON | 1-5:45PM | | | | | | |
| DROP-IN BADMINTON/PICKLEBALL | 7-8:45AM | | | | 5-6:45PM | | |
| DROP-IN BASKETBALL | | 5-7PM | | 5-7PM | | 5-7:45PM | 7-9AM |
| DROP-IN VOLLEYBALL | | | 5-6:45PM | | | 8-10PM | 8-10PM |

DROP-IN DRYLAND SCHEDULE

For Program Descriptions and Intensity Ratings, please see below.

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|--------------------------|-----|----------------|-----|----------------|-----|-------|---------|
| CIRCUIT TRAINING (FC&TR) | | 8-9AM 6-7PM | | 8-9AM 6-7PM | | 8-9AM | 10-11AM |
| ZUMBA (GYM) | | 5:55-6:55PM | | 5:55-6:55PM | | | |

ROOM DESCRIPTION : FC = FITNESS CENTRE. TR = TRACK. GYM = GYMNASIUM 3.

ACTIVITY DESCRIPTIONS & INTENSITY RATING

| | | |
|------------------|-----|---|
| CIRCUIT TRAINING | 3-5 | Try out this total body interval-style class that targets your entire body with a variety of cardio, strength, plyometric and core training exercises. Maximize calorie burn and total body conditioning. |
| ZUMBA™ | 2-4 | 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. |

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 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 June 12, 2019.**