

CITY WIDE DROP IN STROLLER-FRIENDLY SCHEDULE | FALL 2019 | SEP 1 - DEC 21

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

DROP-IN INTERVAL-BASED PROGRAM SCHEDULE

Standard classes are 60 minutes. 'Plus' classes (++) are more than 60 minutes. 'Express' classes (xx) are less than 60 minutes.

For Program Descriptions and Intensity Ratings, please see below.

STROLLER FIT = BLACK | STROLLER-FRIENDLY = BLUE

FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
CLAREVIEW COMMUNITY RECREATION CENTRE				9:15-10:15AM (ALL in 60) 10:20-10:40AM (HARD CORE)		10:30-11:30AM (IGNITE *SF)	
COMMONWEALTH COMMUNITY RECREATION CENTRE			10:30-11:30AM (IGNITE *SF)		10:30-11:30AM		
KINSMEN SPORTS CENTRE		9:45-11AM ++	9:45-11AM ++			10:30-11:45AM ++	
TERWILLEGAR COMMUNITY RECREATION CENTRE		10-11:15AM ++ 11:30-12:30PM (IGNITE *SF)	10:15-11:15AM 1:15-2PM (BARRE FIT+BABY)	10-11:15AM ++ 11:30-12:30PM (IGNITE *SF)	10:15-11:15AM	10-11:15AM ++ 11:45AM-12:30PM (BARRE FIT+BABY)	
THE MEADOWS COMMUNITY RECREATION CENTRE		10-11AM	10:15-11:15AM	10-11AM	10:15-11:15AM	10:15-11:15AM	

For Stroller-Friendly classes, all children must remain in strollers. Modifications and options will be provided to accommodate all levels.

ACTIVITY DESCRIPTIONS & INTENSITY RATING

STROLLER FIT	3-5	Stroller Fit is a functional, total-body conditioning workout combining cardio and resistance training, designed for parents to exercise with their kids in tow. Classes are taught by instructors certified in Pre/Postnatal fitness. All children must remain strollers. In good weather this class may go outside.
ALL in 60	3	Get it all! Cardio, Strength and Flexibility all in 60 minutes! 20 minutes of cardio, 20 minutes of resistance training and 20 minutes of core & stretching. Enjoy a variety of different fitness styles each week. For 'Stroller-Friendly' classes, all children must remain strollers and will have postpartum safe exercises.
BARRE FIT+ BABY	2-3	A dynamic total body workout inspired by a mix of Pilates, Ballet and Yoga utilizing the ballet barre and other equipment. Designed to strengthen and tone the muscles for moms and dads with babies 6 weeks - 9 months old (before they are mobile). Babies must be worn/strapped to mom or dad for class.
HARD CORE	2-3	Think you've got a HARD CORE?! Improve overall function while working through a variety of core-targeted exercises focusing on strength, stability and posture. For 'Stroller-Friendly' classes, all children must be within arms reach and will have postpartum safe exercises.
IGNITE	3	IGNITE your metabolism with a fun, well-rounded workout that will leave you feeling the burn. Alternate between cardio and resistance training exercises to increase your stamina and muscular endurance. For 'Stroller-Friendly' classes, all children must remain strollers and will have postpartum safe exercises.

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 13, 2019.**