

CITY WIDE DROP IN STROLLER-FRIENDLY SCHEDULE | SUMMER 2019 | JUN 30 - AUG

31

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.

STOLLERCIZE classes are in **BLACK** | STROLLER-FRIENDLY classes are in **BLUE**

FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
CLAREVIEW COMMUNITY RECREATION CENTRE				9:15-10:15AM (ALL in 60) 10:25-10:45AM (CORE EXPRESS)		10:30-11:30AM (BOOT CAMP)	
COMMONWEALTH COMMUNITY RECREATION CENTRE			10:30-11:30AM (BOOT CAMP)		10:30-11:30AM		
KINSMEN SPORTS CENTRE		9:45-11AM xx	9:45-11AM xx			10:30-11:45AM xx	
TERWILLEGAR COMMUNITY RECREATION CENTRE		10-11:15AM ++	10:15-11:15AM	10-11:15AM ++ 11:30-12:30PM (TABATA)	10:15-11:15AM	10-11:15AM ++ 11:45AM-12:30PM (BARRE w/ BABY)	
THE MEADOWS COMMUNITY RECREATION CENTRE		10-11AM	10:15-11:15AM	10-11AM	10:20-11:20AM	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

STOLLERCIZE	3-5	A high/low cardio and strength class that allows a parent to exercise while spending time with their child(ren). All children must remain in strollers. In good weather, this class may go outside.
ALL IN 60		Cardio, Strength and Flexibility all in 60 minutes! Enjoy a variety of different fitness styles each week. Intensity can be easily modified for all fitness levels. For 'Stroller-Friendly' classes, all children must remain strollers and will have post-partum safe exercises.
BARRE w/ BABY	1-3	This class is designed for moms with babies 6 weeks - 9 months old (before they are mobile). Please note the baby must be worn/strapped to mom for this class so please bring a comfortable sling or carrier. Barre with Baby is a dynamic workout inspired by a mixture of dance, strength training, Pilates and Yoga utilizing the ballet barre and a variety of other equipment.
BOOT CAMP	3-5	Personalized whole - body workouts that are both challenging and fun! Prepare to be pushed! This program may go outside when weather permits For 'Stroller-Friendly' classes, all children must remain strollers and will have post-partum safe exercises.
TABATA INTERVAL TRAINING	3-5	Tabata will take you through a total body workout that is fun and fast paced. Each set is four minutes long alternating between twenty seconds of max training followed by ten seconds of rest for a total of eight rounds. For 'Stroller-Friendly' classes, all children must remain strollers and will have post-partum safe exercises.



*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 July 11, 2019.**

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INTENSITY RATING SCALE: 1 = V.Light Intensity Exercise | 2 = Light Intensity | 3 = Moderate Intensity | 4 = Vigorous Intensity | 5 = Max Effort Intensity



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