TERWILLEGAR COMMUNITY RECREATION CENTRE

ACTIVE OLDER ADULT | DRYLAND DROP-IN PROGRAM SCHEDULE | FALL 2019 | SEP 1 - DEC 21

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS, BUT SUITED FOR OLDER ADULTS

FACILITY HOURS ON STATUTORY HOLIDAYS : 7:00AM - 9:00PM

	SUN	MON	TUES	WED	THU	FRI	SAT
ADMISSION DESK FITNESS CENTRE	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
KIDS DEN (0-11YRS)		8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-4PM	8:30AM-3PM
INDOOR PLAYGROUND	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM
OPEN GYM (FH)	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM
DROP IN PICKLEBALL For players of all skill levels unless indicated otherwise		1-4PM	7-10AM 1-3:45PM *(Advanced)*	1-4PM	11:30AM-2 PM *(Beginner)*	1-4PM	8:30-10:30 PM

FOR DEDICATED DROP-IN SPORT TIMES, INCLUDING BADMINTON, BASKETBALL, PICKLEBALL, VOLLEYBALL AND TABLE TENNIS PLEASE SEE THE 'CITY-WIDE DEDICATED SPORT DROP-IN SCHEDULE

DROP-IN DRYLAND SCHEDULE

Standard classes are 60 minutes. 'Plus' classes (++) are more than 60 minutes. 'Express' classes (××) are less than 60 minutes.
For Program Descriptions and Intensity Ratings, please see below

	SUN	MON	TUE	WED	THU	FRI	SAT
ELEVATE - GOLD (FTC)		10:30-11:30AM		10:30-11:30AM		10:30-11:30AM	
ESSENTRICS™ - STRETCH & TONE (MP6)				11:45AM-12:45PM		10:30-11:30AM	
ESSENTRICS™ - REBALANCE & RESTORE (MP6)						11:45AM-12:30PM	
HEALTHY AT HEART ++ (ES)			4-4:45PM (Volleyball-FH) 4:45-5:30PM		4-4:45PM (Volleyball-FH) 4:45-5:30PM		
IGNITE - GOLD (ES)			1:15-2:15PM			1:15-2:15PM	
LIVING FIT (ES)		10:30-11:30AM 2:30-3:30PM		10:30-11:30AM			
PILATES (MPR6)			10:45- 11:45AM 7:30-8:30PM		6:15-7:15PM	9:15-10:15AM	
REV+STRENGTH GOLD (PS)			10:45-11:45AM		9-10AM		
TAI CHI (MPR6)	10:15-11:15AM	8-9AM (ES)	1:45-2:45PM		10-11AM		
WALKING FIT (FT)	10-11AM		10:45-11:45AM 6:30-7:30PM		10:30-11:30AM		
YOGA - CHAIR (MPR6)					11:15AM-12:15PM		
YOGA - HAPPY HIPS (MPR6)		6:15-7PM			5:15-6PM		

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YOGA - HATHA (ES)		12-1PM	12-1PM		12:15-1:15PM	12-1PM 5:45-6:45PM	9-10:15AM ++ (MP6)
YOGA - HATHA GENTLE	12:30- 1:30PM (ES)	11:45AM- 12:45PM (MPR 6)	12-1PM (MPR6)	11:45AM- 12:45PM (ES)			
YOGA - RELAX & RESTORE (ES)						2:30-3:30PMS	
YOGA PILATES FUSION (MPR6)					12:30-1:30PM		
ZUMBA™ - GOLD (ES)			10:45-11:45AM 3:15-4:15PM	1-2PM (MPR6)	1:30-2:30PM		
DROP-IN AQUATIC SCHEDULE							
SHALLOW WATER AQUAFIT		10AM-11AM 7-8PM	10-11AM	7-8PM	10-11AM 7-8PM		
DEEP WATER AQUAFIT				10AM-11AM		10-11AM	9-10AM
LANE SWIM 50M*	5:30-8AM 4L		5:30 - 8AM 4L		5:30-8 AM 4L		
LANE SWIM 25M*	9AM-1PM 4L 1-9PM 6L	5:30AM-10 PM 3L	5:30AM-10 PM 3L	5:30AM-10 PM 3L	5:30AM-10 PM 3L	5:30AM-10 PM 3L	5:30AM-10 PM 3L

ROOM DESCRIPTIONS : *ES: Energy Studio **FC:** Fitness Centre **FH:** Flexi-Hall **FT:** Fitness Centre Track **MP6:** Multi-Purpose Room 6 **PS:** Power Studio

ACTIVITY DESCRIPTIONS & INTENSITY RATING

ELEVATE - GOLD	**3**	Improve your strength, balance and cardiovascular health with this circuit-style class. Designed for active older adults, ELEVATE your health with a variety of low-impact exercises utilizing both your bodyweight and functional equipment.
ESSENTRICS™ - STRETCH & TONE	**1-2**	Rebalance the body, prevent and treat injuries, and unlock tight joints through a dynamic and fluid combination of strengthening and stretching. Essentrics gives you the strength and flexibility to Live Active.
ESSENTRICS™ - REBALANCE & RESTORE	**1**	A slow and gentle, full body stretch that increases mobility, improves flexibility, and relieves chronic aches, pains and joint stiffness. Build an overall stronger and more mobile body to balance and restore yourself so you can Live Active.
HEALTHY AT HEART	**2-3**	Improve your heart health with a combination of low intensity exercises and physical activity for those who prefer low to moderate fitness activities. Enjoy 45 minutes of Volleyball (4:00-4:45PM in the Gym) then finish off with 45 minutes of a leader-lead fitness class (4:45-5:30PM in the Energy Studio). Attend either or both sessions.
IGNITE - GOLD	**3**	IGNITE your metabolism with a fun, well-rounded workout that will leave you feeling the burn. Alternate between low-impact cardio and resistance exercises specifically designed for the active older adult. Increase your stamina and muscular endurance.
LANE SWIM		ALL AGES WELCOME. A fitness oriented swim with lanes committed to swimming laps. Number of available 50m lanes may change weekly – please see current Terwillegar Rec Centre weekly schedule online for accurate information.https://www.edmonton.ca/activities_parks_recreation/terwillegar-drop-in-pool-schedule.aspx
LIVING FIT	**2-3**	A variety of cardio and resistance exercises specifically designed for the active older adult that will keep you moving and strong for the daily activities of life.
OPEN GYM		Basketball, volleyball and badminton are just a few of the activities that can be enjoyed. Open gym times are not intended to be used for organized team practices
PICKLEBALL	**2-4**	Mini tennis game played by 2 to 4 people on a badminton-sized court using wooden paddles and a light baseball sized ball.

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PILATES	**3**	Discover strength, support, flexibility and balance. Classic Pilates exercises done on the mat while using a variety of props, with emphasis on core strength. This class may also work the fascia system through a series of movement and stretching exercises.
REV+STRENGTH GOLD	**3**	Challenge yourself with this older adult friendly fusion of fun, low impact cardio on the spin bike and strength training utilizing a variety of types of fitness equipment.
TAI CHI	**1-2**	Learn traditional Yang-style Tai Chi. The slow and graceful movements, combined with focused attention effectively exercise the mind and body. Tai Chi is a meditation in motion that is suitable for everyone.
WALKING FIT	**2-3**	Increase muscular strength, build stronger bones and enhance cardiovascular fitness with this low impact walking class. Some portable equipment may be used. In good weather, this class may go outside.
YOGA - CHAIR	**1-2**	Intended for everybody. Traditional yoga poses are adapted to be safely done in a chair or using a chair for support, making yoga accessible for people challenged by standing for long periods or mobility in moving to and from the floor.
YOGA - HAPPY HIPS	**3**	Intended for everybody looking to increase their hip health. This class will focus on increasing flexibility, strength and stability of the hip joint, helping your hips feel happy and healthy.
YOGA - HATHA	**3**	Intended for everybody. Hatha Yoga refers to the origins of all yoga styles. It includes a wide range of movements and postures that stretch, strengthen, align and stimulate all systems of the body. This practice is a great compliment to any form of physical activity, for those who wish to maintain and deepen their existing yoga practice and for those who are new to yoga.
YOGA - HATHA GENTLE	**2-3**	Intended for beginners, those with special concerns or injuries and those who simply desire a slower pace in which to develop greater personal body and breath awareness with attention to alignment and detail. Learn more about yoga and improve flexibility, alignment, strength & balance in a gentle achievable practice that is relaxing, calming and stress-relieving.
YOGA - RELAX & RESTORE (R&R)	**1-2**	Intended for everybody seeking to Relax & Restore harmony in body and mind. R&R is a blended Yin and Restorative inspired deep stretch and meditative focused class. Promotes deep tranquility and awareness through supportive poses aided by the use of props so that you can relax completely and open gently.
YOGA PILATES FUSION	**3**	Intended for everybody. Increase your stability, strength, and flexibility while improving your mind-body connection with the combination of Yoga and Pilates.
ZUMBA™ - GOLD	**2-3**	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.
DEEP WATER AQUAFIT	**3-4**	An aquabelt suspends you so that your whole body gets a total workout. Good for those with joint or injury concerns. Also known as Aquajog.
SHALLOW WATER AQUAFIT	**1-2**	Get fit! Aquafit is a fun and energetic aerobic exercise class that uses the water for resistance. Low to zero impact is easy on bones and joints. A one-hour class set to music and taught by certified instructors. Work at your own pace, no swimming skills required.

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

Yoga mats are not provided. A towel and/or blanket are recommended for relaxation/meditation portion of Yoga classes.

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