

ADULT/FAMILY/YOUTH | DROP-IN PROGRAM SCHEDULE

| WINTER 2020 | JAN 5 - APR 4

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

DROP-IN DRYLAND SCHEDULE

Family Friendly (8+) classes are in RED. All other classes are for patrons 13+ yrs. 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
KIDS DEN (0-11YRS)		8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-4PM	8:30AM-3PM
AMPED (FH)	8:45-9:45AM	6:10-7:10PM	10:15-11:15AM (FTC)	6-6:45AM ** 7:15-8:15PM		6-6:45AM ** 6-7PM	
BARRE BURN xx (ES)					8:10-9PM		
BARRE FIT xx (ES)			8:40-9:30PM 1:15-2:05PM (+Baby)			11:40AM- 12:30PM (+Baby)	
BOLLY BURN (PS)		7:15-8:15PM *Starts Jan 27*					
CYCLE - REV (PS)		6-7AM	6:15-6:45PM <i>Family Friendly</i>				
CYCLE - REV+BARRE (PS)		7:30-8:30PM		7:30-8:30PM			
CYCLE - REV+STRENGTH		4:30-5:30PM <i>Family Friendly</i>	10:45-11:45AM (GOLD)		6-7AM 9-10AM (GOLD) 10:15-11:15AM		10:30-11:30AM
CYCLE-REV+YOGA FLOW		6-7:15PM ++		9:30-10:45AM ++			
CYCLE - SURGE (PS)	9:30-10:30AM	10:15-11AM **	6-6:30AM 9:30-10:30AM 7-8PM	6-7PM	5:30-6:30PM	9:30-10:30AM	8:45-9:45AM
ELEVATE (FTC)		9-10AM	6:35-7AM	9:15-10:15AM		9:15-10:15AM	
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	
FLEXIBILITY & MOBILITY xx (ES)	11:50AM-12:10PM	11:35-11:55AM				11:35-11:55AM	10-10:20AM (PS)
FORCE (ES)	10:45AM-11:45AM	1:15-2:15PM	9:15-10:30AM ++ 5:45-6:45PM (FH)			10:30-11:30AM	
GRIT (FTC)			9-10AM		9:15-10:15AM		
HARD CORE xx (PS)		11:05-11:25AM		7:05-7:25PM	6:40-7PM		
HEALTHY AT HEART (GYM/ES)			4-5:30PM ++		4-5:30PM ++		
INTENSITY - H.I.I.T. (FH)				9-9:45AM xx			
INTENSITY - TABATA xx					6-6:45PM (ES)		10-10:45AM (FH)
IGNITE (FH) <i>*SF = Stroller Friendly</i>		11:30AM-12:30PM *SF	9-10AM	11:30AM-12:30PM *SF	9-10AM		
IGNITE - GOLD (ES)		2:30-3:30PM	1:15-2:15PM			1:15-2:15PM	
LIVING FIT (ES)		10:30-11:30AM		10:30-11:30AM			
PILATES (MP6)			10:45-11:45AM 7:30-8:30PM		6:15-7:15PM	9:15-10:15AM	



STEP (ES)		9:15-10:15AM (& Strength)				9:15-10:15AM (Intermediate)	8:45-9:45AM (& Strength)
STROLLER FIT (FH)		10-11:15AM ++	10:15-11:15AM	10-11:15AM ++	10:15-11:15AM	10-11:15AM ++	
STRONG by ZUMBA™ (ES)	9:30-10:30AM		7-8PM (FH)		9-9:45AM xx		11:10AM- 12:10PM
TAI CHI (MPR6)	10:15-11:15AM	8-9AM (ES) 6-7PM (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 - ATHLETIC (ES)					6-7AM		
YOGA - CHAIR (MPR6)					11:15AM-12:15PM		
YOGA - FLOW (MPR6)	9-10AM		9:30-10:30AM				
YOGA - HAPPY HIPS (MPR6)		6:15-7PM xx			5:15-6PM xx		
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)		11:45AM- 12:45PM (ES)			
YOGA - FLOW (MPR6)	9-10AM						
YOGA - YIN/YANG (ES)				1-2:15PM ++			
YOGA - RELAX & RESTORE (ES)						2:30-3:30PM	
ZUMBA™ (ES)	9:45-10:45AM (FH) 7-8PM	9-10AM (FH) 8:30-9:30PM	5:45-6:45PM)	9-10AM 5:45-6:45PM (FH) 8:35-9:35PM	7:30-8:30PM (FH)	9-10AM (FH)	10-11AM
ZUMBA™ - GOLD (ES)			10:45-11:45AM 3:15-4:15PM	1-2PM (MPR6)	1:30-2:30PM		

ROOM DESCRIPTIONS : *ES:Energy Studio, *PS Power Studio, *FH:Flexi-Hall, *MPR6:Multi-Purpose Room 6, *FTC:Functional Training Centre, *FT:Fitness Centre Track

***Please bring your own yoga mat and a towel. Yoga programs are held in multi-use studios and may be cool. Warmer clothing is recommended.**
***Please arrive early to your group fitness class. Space and equipment may be limited and are available on a first-come-first-served basis. To be fair to others, please do not save extra spots for your friends.**

ACTIVITY DESCRIPTIONS & INTENSITY RATING

AMPED	3-4	Get your body AMPED up with heart-pumping cardio drills combined with resistance training exercises. These full-body workouts are both challenging and fun! Prepare to sweat and be pushed!
BARRE BURN	3-4	Turn up the heat in this total-body Barre workout. Using a combination of isometric, resistance exercises AND heart pumping challenges, you'll reap the benefits of both muscular endurance and cardiovascular training.
BARRE FIT	2-3	Get Barre Fit with this total-body class that incorporates isometric and mobility exercises. You'll get a solid leg shaking, arm blasting, everything-is-burning-and-I-want-to-cry workout.
BARRE FIT+BABY	1-3	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.
BOLLY BURN	3	Move and groove to high energy Bollywood-inspired beats. Bolly Burn is a fun cardio workout with a Bollywood twist and includes higher and lower intensity sequences to get you sweating. Discover movements from various styles derived from Bhangra, Gidda, Garba and other Indian dance forms.
CYCLE - REV	3-4	Rev up your cardio and overall conditioning with a fun group cycling class set to energizing music. Spin Bike Tickets (1/person) will be available 30 minutes prior to class time from the Admissions Desk. For Family Friendly classes, children must be 8 years or older & must be at least 4'8" (142 cm) to attend.
CYCLE - REV+BARRE	3	REV up the burn with a total body workout - from sweating on the bike to working the core, glutes, arms and thighs with Barre-style training. This class starts with 30 minutes of high energy cycling followed by a 30 minute Barre/Core segment
CYCLE - REV+STRENGTH	3-4	REV up that metabolism with 30 minutes of heart pounding cycling cardio and 30 minutes of strength training. Get the best of both worlds! Spin Bike Tickets (1/person) will be available 30 minutes prior to class time from the Admissions Desk. For Family Friendly classes, children must be 8 years or older & must be at least 4'8" (142 cm) to attend.
CYCLE - 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.
CYCLE - REV+YOGA FLOW	3-4	REV up your heart rate with 30 minutes of heart pumping cycling followed by 45 minutes of a strong Flow-style Yoga practice. This fusion class is the perfect combination of work for the mind and body.
CYCLE - SURGE	3-5	Watch your performance SURGE forward in this drill-focused cycle class. You will be challenged with a variety of interval drills utilizing rolling hills, sprints, climbs and much more! Spin Bike Tickets (1/person) will be available 30 minutes prior to class time from the Admissions Desk.
ELEVATE	3	ELEVATE your training with this total body circuit-style class that includes a variety of cardio, resistance and core training exercises. Maximize calorie burn



***NO Leader-led Programs on Statutory Holidays.** *Schedule subject to change. Please visit edmonton.ca/FacilityNotifications for updates on closures or class cancellations and Visit movelearnplay.edmonton.ca for weekly drop-in schedules. **Revised January 28, 2020.**

		and total body conditioning.
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	1-3	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 your life.
ESSENTRICS™ - REBALANCE & RESTORE	1-2	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.
FLEXIBILITY & MOBILITY	1-2	Increase range of motion, flexibility and mobility. This class will utilize various myofascial/trigger point techniques as well as stretching, range of motion and mobility exercises to get your body moving freely and without pain.
FORCE	3	Become a FORCE to be reckoned with in this strength-based class. More lean muscle means more calorie burn at rest! You will become a more efficient, fat-burning machine! No-cardio required to work hard in this class.
GRIT	3-4	Think you've got GRIT? Challenge your body and exceed what you thought was possible in this hard hitting circuit-style class. Through a variety of cardio, strength, plyometric and core training exercises, feel the burn and push the limits.
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.
HEALTHY AT HEART	1-3	A combination of low intensity exercises and physical activity for those who prefer low to moderate fitness. 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	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.
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.
INTENSITY - H.I.I.T.	4-5	Maximize your INTENSITY with our High Intensity Interval Training class. H.I.I.T. is an efficient way to scorch calories, even after class is done! Build cardiovascular fitness while improving muscular strength and overall endurance. A variety of interval intensities may be used. Prepare to get sweaty!
INTENSITY - TABATA	4-5	Take up the INTENSITY with this Tabata-timing style interval training class. Expect to push yourself to the max, utilizing intervals of 20 seconds of work with 10 seconds of rest.
LIVING FIT	2-3	Move better, live fit! Improve balance, coordination and bone density with a variety of gentle cardio and resistance exercises specifically designed for older adults. Living Fit is designed to keep you moving throughout your daily activities.
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.
STEP - INTERMEDIATE	3-4	Step up your cardio with this choreographed high energy class that uses a step platform to strengthen and shape the lower body, one step at a time. This is an Intermediate class. Some Step experience is recommended.
STEP+STRENGTH	3-4	Step right up! Improve your strength, cardio and coordination with a combination of classic Step moves and resistance training exercises. Some step experience is recommended.
STROLLER FIT	3-4	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.
STRONG by ZUMBA™	3-4	Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.
TAI CHI	1	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	Get fit with Walking Fit! Regular moderately-paced walking can increase brain function, elevate your mood, and improve overall health in so many ways. Who doesn't want to move better, think better, and feel better?
YOGA - ATHLETIC	3-4	Intended for athletes (or athletes at heart) who seek to challenge themselves with a class that helps expose weaknesses in order to strengthen. Emphasis on improving breath control/recovery, finding the core to drive movement and stabilization of shoulders and pelvis. The aim is to create greater symmetry in the body and maintain a calm mind in sport and life.
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 - FLOW	3-4	Intended to be the perfect place to begin and gain comfort and confidence with flow style yoga. While connecting breath to movement, we flow from pose to pose at a slower pace to build flexibility, strength & mindfulness, at times pausing to investigate poses & bring awareness to the specifics of alignment. This class will build strength, stamina and deepen balance.
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 - 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 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	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 - YIN/YANG	2-3	Intended for everybody looking for a great combination class. Balance your practice with the strong Yang energy created by dynamic poses mixed with the calm, relaxing poses of Yin held for longer to cool and stretch your tissues and joints.



ZUMBA™	3	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. For Family Friendly classes, children must be 8 years or older to attend.
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.

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

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