

CITY WIDE DROP IN ZUMBA SCHEDULE | SUMMER 2019 | JUN 30 - AUG 31

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS, FAMILY FRIENDLY (8+ YEARS) CLASSES ARE IN BLUE

DROP-IN ZUMBA SCHEDULE							
FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
CLAREVIEW COMMUNITY RECREATION CENTRE	10:45-11:45AM	9:30-10:30AM 8:15-9:15PM	10:30-11:30AM (Zumba Gold) 6:30-7:30PM	9:15-10:15AM 6:15-7:15PM	9:15-10:15AM 6-7PM (STRONG)	12-1PM 6-7PM	10:15-11:15AM
COMMONWEALTH COMMUNITY RECREATION CENTRE	10:15-11:15AM	10:45-11:45AM 6-7PM		10:45-11:45AM 5:45-6:45PM 7:30-8:30PM (STRONG)	10:40-11:10AM (STRONG) 11:15-11:45AM 6-7PM	10:45-11:45AM	12:15-1:15PM
KINSMEN SPORTS CENTRE		7-7:45PM xx (STRONG)		6-7PM 7:15-8:15PM			10:05-11:05AM
LONDONDERRY FITNESS AND LEISURE CENTRE	10-11AM				11-12AM		
MILL WOODS RECREATION CENTRE	10-11AM		6-7PM		6-7-PM	5:30-6:30PM	
ST. FRANCIS XAVIER SPORTS CENTRE		5:55-6:55PM		5:55-6:55PM			
TERWILLEGAR COMMUNITY RECREATION CENTRE	9:30-10:30AM (STRONG) 9:45-10:45AM 7-8PM	9-10AM 3:15-4:15PM (Zumba Gold) 8:30-9:30PM	10:45-11:45AM (Zumba Gold) 5:45-6:45PM 7-8PM (STRONG)	9-10AM 5:45-6:45PM 8:35-9:35PM	1:30-2:30PM (Zumba Gold) 7:30-8:30PM	9-10AM	10-11AM 11:10-12:10PM (STRONG)
THE MEADOWS COMMUNITY RECREATION CENTRE	3:45-4:45PM (STRONG)	11:45-12:45AM (Zumba Gold) 7-8PM	9-10AM 6-7PM	11:45-12:45PM (Zumba Gold) 7:45-8:45PM	9-10AM 6-7PM	10:45-11:45AM 6:45-7:45PM (STRONG)	11:45-12:45AM 1-2PM

ACTIVITY DESCRIPTIONS & INTENSITY RATING		
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
ZUMBA™ - GOLD	1-3	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.
ZUMBA™ - FAMILY FRIENDLY (8+)	1-4	Learn to move and groove as a family in this Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Children must be 8 years or older to attend.
ZUMBA™ - STRONG	3-5	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.
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 June 12, 2019.**