

ADULT/FAMILY/YOUTH | DROP-IN PROGRAM SCHEDULE | WINTER 2019 | JAN 6 - MAR

30

DOWNLOAD THE REC CENTRES MOBILE APP & BUILD YOUR CUSTOM DROP-IN PROGRAM SCHEDULE! AVAILABLE FOR IOS & ANDROID DEVICES

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS.

DROP-IN DRYLAND SCHEDULE

Family Friendly (8+) classes are in PINK. 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.

PROGRAM RATING ↑	SUN	MON	TUE	WED	THU	FRI	SAT
FITNESS CENTRE & OPEN GYM	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
ALL in 60 (GYM)				9:15-10:15AM			
BOOT CAMP (GYM) *SF = STROLLER FRIENDLY			7:45-8:45PM (MPR4)			10:30-11:30AM *SF	
CIRCUIT TRAINING (GYM)		9:15-10:15AM					
CORE EXPRESS xx		10:20-10:40AM (GYM)	10:30-10:50AM (ST)	10:20-10:40AM (GYM *SF)) 7:25-7:45PM (MPR4)	10:20-10:40AM (GYM)	10:20-10:40AM (ST)	
FLEXIBILITY & MOBILITY xx (MPR4)		10:45-11:05AM 6:50-7:10PM 8:10-8:30PM (ST)					10:10-10:30AM (MPR2)
H.I.I.T. (MPR4) xx							9:15-10AM
H.I.I.T. the STEP! (MPR4) xx						10:45-11:30AM	
LIVING FIT (MPR4)		1:15-:215PM			10:30-11:30AM		
POWER PUMP (MPR4)	9:30-10:30AM			7:50-8:50PM			
SPIN (FTC)	10:45-11:30AM xx	6:15-7PM xx	6:30-7:15PM xx	6:30-7:15PM xx			
STROLLERCIZE (GYM)				10:45-11:30AM			
TABATA (MPR4)		7:15-8PM xx					
TAI CHI (MPR2)							9-10AM
TOTAL BODY BARRE (ST)	8:30-9:15AM xx			6:30-7:30PM			
TOTAL BODY BLAST (MPR4)		6:-6:45PM xx Women's Only	9:15-10:15AM (GYM)		9:15-10:15AM (GYM)		
TOTAL BODY STRENGTH (GYM)						9:15-10:15AM	
WALKING FOR HEALTH (TR)			9:30-10:30AM			9:15-10:15AM	
YOGA - CHAIR (MPR2)				11:30AM-12:30PM			
YOGA - FLOW (MPR2)							
YOGA - HAPPY HIPS (MPR2)			10:30-11:15AM 6:30-7:15PM	10:30-11:15AM	6:30-7:15PM		
YOGA - HATHA (MPR2)	9:30-10:30AM 10:45-11:45AM	7-8PM	9:15-10:15AM	9:15-10:15AM	10:30-11:30AM	9:15-10:15AM	
YOGA - HATHA GENTLE (MPR2)		10:45-11:45AM	12-1PM			10:30-11:30AM	
YOGA - POWER (MPR2)							10:45-11:45AM
YOGA - YIN (MPR2)				7:30-8:45PM			
YOGA - RELAX & RESTORE (MPR2)	7-8PM		7:30-8:30PM				
ZUMBA™ (MPR4)	10:45-11:45AM	9:30-10:30AM 8:15-9:15PM	6:30-7:30PM	9:15-10:15AM 6:15-7:15PM	9:15-10:15AM	12-1PM 6-7PM	10:15-11:15AM
ZUMBA™ - GOLD (MPR4)			10:30-11:30AM				
ZUMBA™ - STRONG (MPR4)			11:40AM-12:10PM xx		6-7PM		

ROOM DESCRIPTIONS : *Gym: Gymnasium, *ST: Studio, *MPR: Multi-Purpose Room, *TR: Track



*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 December 13, 2018.**

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ACTIVITY DESCRIPTIONS & INTENSITY RATING		
ALL in 60	2-3	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.
BOOT CAMP	3-5	Heart-pumping cardio drills combined with strength exercises using a variety of equipment. These full-body workouts are both challenging and fun! Prepare to sweat and be pushed! Please note: for “Stoller Friendly classes, children must remain in stroller.
CORE EXPRESS	1-3	Get to the CORE of the matter. Improve overall function while working through a variety of core-targeted exercises focusing on strength, stability and posture.
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.
H.I.I.T.	4-5	H.I.I.T. is a full-body workout of rigorous interval training with high-intensity exercises. H.I.I.T. will build cardiovascular fitness while improving muscular strength and overall endurance. A variety of interval intensities may be used. Prepare to get sweaty!
H.I.I.T. the STEP!	3-4	Improve your cardio fitness, agility and coordination! Get your heart pumping by using the STEP for intervals, plyometrics, strength and balance drills. All levels welcome. No prior step experience required.
LIVING FIT	2-3	Exercises specifically designed for the active older adult. A variety of cardio and resistance training exercises will keep you moving and strong for the daily activities of life.
POWER PUMP	2-4	Get your PUMP on with barbells and plates. This workout increases muscular strength through endurance training, designed to burn fat, shape muscles and provide a sense of emPOWERment in a fun, high energy class.
SPIN	3-5	Rev up your cardio and overall conditioning with a fun group cycling class set to energizing music. You will be challenged with a variety of interval drills utilizing rolling hills, sprints, climbs and much more! Spin Bike Tickets will be available 30 minutes prior to class time. Please pick up one ticket per person per class from the Admissions Desk.
STROLLERCIZE	2-4	Strollercize is a functional, total-body conditioning workout combining cardio and strength, designed for parents to exercise with their kids in tow. All children must remain strollers.
TABATA INTERVAL TRAINING	4-5	Tabata will take you through a total body workout that is fast paced and guaranteed to make you sweat! Each set is four minutes long alternating between twenty seconds of maximum effort followed by ten seconds of rest for a total of eight rounds.
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.
TOTAL BODY BARRE	2-4	This total-body toning workout infuses elements of ballet, dance, Pilates, and Yoga to lengthen and strengthen the body.
TOTAL BODY BLAST	3-4	A well-rounded workout that will increase your metabolism, alternating between cardio and strength exercises, focusing on building endurance. Women’s Only - This class is designed specifically for women, taught by a female instructor.
TOTAL BODY STRENGTH	3-4	Improve your strength and stability with a variety of exercises utilizing your body weight and weighted equipment. No-cardio required to work hard in this class!
WALKING FOR HEALTH	2-4	Increase muscular strength, build stronger bones and enhance cardiovascular fitness with this low impact walking class. Some portable equipment may be used.
YOGA - CHAIR	1-3	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 - HATHA	2-3	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	1-2	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 - POWER	4-5	Intended for experienced yogis. Inspired by the Ashtanga practice, this class connects breath to movement and flows at a faster rhythm to increase stamina, strength, flexibility and balance. It begins with a series of sun salutations and standing postures, including balancing and inversions, followed by more challenging floor poses.
YOGA - RELAX & RESTORE (R&R)	1-2	Intended for everybody. Relax & Restore your body and mind. R&R is a blended Yin and Restorative-style deep stretch and meditative focused class. This class promotes deep tranquility for the body and mind through supportive poses with the use of props so that you can relax completely and open gently.
YOGA - YIN	2-3	Intended for everybody looking for a deep release. Yin yoga is a meditative style of yoga, practiced mainly on the mat, where deep stretches are held for long periods to challenge the mind to surrender and allow the body to open. It focuses on the body’s connective tissues; ligaments, tendons, and fascia – with the aim of increasing circulation in the joints and improving flexibility.
YOGA - YIN/YANG	2-4	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.
YOGA & MEDITATION	2-4	A meditation component is added to your Yoga practice. Yoga was originally created to help prepare, train and condition the mind and body for longer periods of meditation. Whether you are just starting your meditative journey or you have a seasoned practice, this class will give you the opportunity to practice yoga and meditation in a group setting.
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. For Family Friendly classes, children must be 8 years or older to attend.
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™ - 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.

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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

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