

ADULT/YOUTH | DRYLAND 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

FACILITY HOURS ON STATUTORY HOLIDAYS : 8:00AM - 8:00PM

	SUN	MON	TUE	WED	THU	FRI	SAT
ADMISSION DESK	7AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-10PM
FITNESS CENTRE & RACQUET COURTS	7AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-10PM
INDOOR PLAYGROUND	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM	8AM-8PM
BIRTHDAY PARTY & CASUAL RENTAL TIME						9-10PM	9-10PM

DROP-IN DRYLAND 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

	SUN	MON	TUE	WED	THU	FRI	SAT
ALL IN 60 (PR)				9-10AM			
CORE EXPRESS (PR)		10:05-10:25AM xx					
ESSETRICS™					10-11AM		
FLEXIBILITY & MOBILITY (PR)						10:05-10:25AM xx	
STEP & STRENGTH (PR)				6:15-7:15PM			
TABATA INTERVAL TRAINING (PR)					7:15-8PM xx		
TOTAL BODY BLAST (PR)		9-10AM 6:15-7:15PM				9-10AM	
YOGA - HATHA (PR)	11:15AM-12:15PM	7:30-8:30PM		7:30-8:30PM			
YOGA - YIN (PR)							10:30-11:45AM
ZUMBA™ (PR)	10-11AM		6-7PM		6-7PM	5:30-6:30PM	

ROOM DESCRIPTION : PR = PROGRAM ROOM



*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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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.
CORE EXPRESS	1-3	Get to the Core of the matter in 20 minutes. We will work you through a variety of abdominal and lower back exercises to improve your core strength, posture and balance.
ESSENTRICS™	1-3	Improve flexibility, strength and range of motion with this dynamic Mind/Body class. This class incorporates stretching through continual movement to help elongate muscles and strengthen the joints. The benefits of Essentrics™ include improved posture, balance, core strength, injury prevention and even rehabilitation. All levels welcome.
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	This high intensity interval training class will take you through a total body workout using a variety of different timed sets. Expect to get sweaty as your instructor takes you through a series of intense anaerobic exercises and lower intensity recovery intervals.
STEP & STRENGTH	3-4	Step right up! Improve your strength, cardio and coordination with a combination of classic Step moves and weight training exercises. Some step experience is recommended.
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.
TOTAL BODY BLAST	3-4	A well-rounded workout that will increase your metabolism, alternating between cardio and strength exercises, focusing on building endurance.
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 - YIN	2-4	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.
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.

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.**