

# CITY WIDE DROP IN STROLLER-FRIENDLY SCHEDULE | FALL 2018 | SEP 2 - DEC 22

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

## DROP-IN INTERVAL-BASED PROGRAM 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.

STOLLERCIZE classes are in **BLACK** | STROLLER-FRIENDLY classes are in **BLUE**

FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
CLAREVIEW COMMUNITY RECREATION CENTRE			10:30-11:30AM			10:30-11:30AM (BOOT CAMP)	
COMMONWEALTH COMMUNITY RECREATION CENTRE			10:30-11:30AM (BOOT CAMP)		10:30-11:30AM		
KINSMEN SPORTS CENTREE		9:45-11AM xx	9:45-11AM xx		1:30-2:30PM (BARRE w/ BABY)	10:30-11:45AM xx	
TERWILLEGAR COMMUNITY RECREATION CENTRE		10-11:15AM ++  11:30-12:30PM (TABATA)	10:15-11:15AM  11:30-12:30PM (BOOT CAMP)	10-11:15AM ++  11:30-12:30PM (TABATA)	10:15-11:15AM  11:30-12:30PM (BOOT CAMP)	10-11:15AM ++  11:45AM-12:45PM (BARRE w/ BABY)	
THE MEADOWS COMMUNITY RECREATION CENTRE		10-11AM	10:15-11:15AM	10-11AM  1-2PM	10:20-11:20AM	10:15-11:15AM	

For Stroller-Friendly classes, all children must remain in strollers. Modifications and options will be provided to accommodate all levels.

## ACTIVITY DESCRIPTIONS & INTENSITY RATING

STOLLERCIZE	3-5	A high/low cardio and strength class that allows a parent to exercise while spending time with their child(ren). All children must remain in strollers. In good weather, this class may go outside.
BARRE w/ BABY	1-3	This class is designed for moms with babies 6 weeks - 9 months old (before they are mobile). Please note the baby must be worn/strapped to mom for this class so please bring a comfortable sling or carrier. Barre with Baby is a dynamic workout inspired by a mixture of dance, strength training, Pilates and Yoga utilizing the ballet barre and a variety of other equipment.
BOOT CAMP	3-5	Personalized whole - body workouts that are both challenging and fun! Prepare to be pushed! This program may go outside when weather permits For 'Stroller-Friendly' classes, all children must remain strollers and will have post-partum safe exercises.
TABATA INTERVAL TRAINING	3-5	Tabata will take you through a total body workout that is fun and fast paced. Each set is four minutes long alternating between twenty seconds of max training followed by ten seconds of rest for a total of eight rounds.
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](http://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](http://edmonton.ca/FindYourFit) for weekly drop-in schedules. **Revised August 8, 2018.**