

# CITY WIDE DROP IN ZUMBA SCHEDULE | WINTER 2019 | JAN 6 - MAR 30

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
<b>CLAREVIEW COMMUNITY RECREATION CENTRE</b>	10:45-11:45AM	9:30-10:30AM 8:15-9:15PM	10:30-11:30AM (Zumba Gold) 11:40AM-12:10PM (STRONG) xx 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
<b>COMMONWEALTH COMMUNITY RECREATION CENTRE</b>	10-11AM	10:45-11:45AM 6-7PM		10:45-11:45AM 5:45-6:45PM 7:30-8:30PM (STRONG)	10:45-11:45AM (STRONG) 6-7PM	10:45-11:45AM	12:15-1:15PM
<b>KINSMEN SPORTS CENTRE</b>		6:45-7:45PM (STRONG)		6-7PM 7:15-8:15PM		10:30-11:30AM	10:05-11:05AM
<b>LONDONDERRY FITNESS AND LEISURE CENTRE</b>	10-11AM				11-12AM		
<b>MILL WOODS RECREATION CENTRE</b>	10-11AM		6-7PM 7:15-8:15PM (Gold)		6-7-PM	5:30-6:30PM	
<b>ST. FRANCIS XAVIER SPORTS CENTRE</b>		5:55-6:55PM		5:55-6:55PM			
<b>TERWILLEGAR COMMUNITY RECREATION CENTRE</b>	9:30-10:30AM (STRONG) 9:45-10:45AM 7-8PM	9-10AM 3:15-4:15PM (Zumba Gold) 8:30-9:30PM	8-9AM 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)
<b>THE MEADOWS COMMUNITY RECREATION CENTRE</b>	3:45-4:45PM (STRONG)	11:45-12:45AM (Zumba Gold) 7-8PM 8:15-9:15PM (STRONG)	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		
<b>ZUMBA™</b>	<b>2-4</b>	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
<b>ZUMBA™ - GOLD</b>	<b>1-3</b>	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.
<b>ZUMBA™ - FAMILY (8+)</b>	<b>1-4</b>	Learn to move and groove as a family in this Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! <b>Children must be 8 years or older to attend.</b>
<b>ZUMBA™ - STRONG</b>	<b>3-5</b>	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](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 December 13, 2018.**

## CITY WIDE DROP IN ZUMBA SCHEDULE | WINTER 2019 | JAN 6 - MAR 30



\*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 December 13, 2018.**