

# INTERNATIONAL WOMEN'S DAY DROP-IN GROUP FITNESS SCHEDULE

Move, Learn and Play at the City of Edmonton Recreation Centres on March 8, 2024 for International Women's Day!

The theme for 2024 is "Inspire Inclusion". When women are inspired to be included, there's a sense of belonging, relevance and empowerment. Benefits Plus, Value & LAP members are invited to drop in to any of our group fitness classes led by our team of talented, inspiring and inclusive female instructors. Value members (annual or continuous monthly) will be upgraded to Benefits Plus membership for the day so they can enjoy these classes and celebrate our female instructors.

FACILITY	MORNING	AFTERNOON	EVENING
ACT		<b>Water Works</b> 12-1 PM   Pool	
Bonnie Doon	<b>Deep Water Aquafit</b> 8-9 AM   Pool		
Clareview	<b>Total Body Blast</b> 9:15-10:15 AM   Gym   Margareta	<b>Shallow Water Gentle Aquafit</b> 12-1 PM   Pool  <b>Zumba</b> 12-1 PM   MPR4   Christina	<b>Zumba</b> 6-7 PM   MPR4   Michele
Commonwealth	<b>Total Body Strength</b> 9:30-10:30 AM   Studio 2   Cindy <b>Zumba</b> 10:45-11:45 AM   Studio 2   Yuri <b>Shallow Water Aquafit</b> 11 AM-12 PM   Pool	<b>Yoga Pilates Fusion</b> 12-1PM   Studio 2   Raena	
Confederation	<b>Shallow Water Aquafit</b> 11 AM-12 PM   Pool		
Dr. Anne Anderson	<b>Living Strong</b> 9:15-10:15 AM   Wellness Studio   Elaine		
Eastglen	<b>Deep Water Aquafit</b> 10-11 AM   Pool		
Grand Trunk	<b>Shallow Water Aquafit</b> 8-9 AM, 9-10 AM   Pool		<b>Shallow Water Aquafit</b> 6-7 PM   Pool
Kinsmen	<b>Living Strong</b> 9:15-10:15AM   Studio   Kelly <b>Total Body Conditioning - Stroller Friendly</b> 9:30-10:30 AM   Court #1   Jen <b>Shallow Water Aquafit</b> 10-11 AM   Pool <b>Essentrics Release, Rebalance &amp; Restore</b> 10:30-11:30AM   Studio   Catherine		
Londonderry	<b>Shallow Water Aquafit</b> 11 AM-12 PM   Pool		
Meadows	<b>Total Body Blast</b> 9:15-10:15AM   Studio 204   Carla <b>Yoga Happy Hips</b> 9:15-10:15AM   MPR 208   Alia <b>Zumba</b> 10:45-11:45AM   Studio 204   Damara	<b>Shallow Water Aquafit</b> 12-1 PM   Pool	<b>Strong Nation</b> 6:30-7:30PM   Studio 204   Ioana
Mill Woods	<b>Shallow Water Aquafit</b> 9-10 AM   Pool <b>Deep Water Aquafit</b> 9-10 AM   Pool		<b>Zumba</b> 5:30-6:30PM   MPR 302   Ashley
Terwillegar	<b>Total Body Strength Gold</b> 9-9:45AM   MPR6   Elise U <b>Zumba</b> 9-10AM   Flexi Hall   Sheila/Damara <b>Circuit</b> 9:15-10:15AM   Fitness Centre   Kim <b>Step + Strength</b> 9:15-10:15AM   Energy Studio   Tammy <b>Deep Water Aquafit</b> 10-11 AM   Pool <b>Pilates Mat</b> 10-10:50AM   MPR6   Tara <b>Total Body Blast - Stroller Friendly</b> 10:15-11:15 AM   Flexi Hall   Stephanie <b>Total Body Strength</b> 10:30-11:30AM   Energy Studio   Kathleen/Lindsay	<b>Yoga Yin</b> 12:05-1:05PM   Energy Studio   Rachel	<b>Zumba</b> 5:45-6:45PM   Energy Studio   Jean

CLASS	DESCRIPTION
<b>AQUAFIT CLASSES</b>	
DEEP WATER	An aqua belt suspends you for a total body workout. Good for those with joint or injury concerns. Must be able to swim 25 meters in deep water comfortably.
SHALLOW WATER	A fun and energetic aerobic exercise class using water for resistance. Low to zero impact makes it easy on bones and joints.
WATER WORKS	Water Works is an aquatic exercise program specifically for people with muscle, joint or mobility problems.
<b>DRYLAND GROUP FITNESS CLASSES</b>	
CIRCUIT	Elevate your training with this total body circuit-style interval class that includes a variety of cardio, resistance and core training exercises. Maximize calorie burn and total body conditioning.
ESSETRICS®	<b>Release, Rebalance &amp; Restore:</b> This class provides a dynamic, deep, full-body stretch that will work through all of your joints and release tight muscles. Effective for injury recovery and prevention, pain-relief, stress relief, and promoting healing.
LIVING STRONG	Age well and live STRONG! With a focus on facing life's biggest challenges, this class is designed specifically for older adults to maintain and increase cardiovascular fitness, strength, power, balance and coordination. Living Strong will keep you moving throughout your daily activities and give you a little extra push to help prepare you for life's unexpected challenges. This class is also suitable for beginners, anyone looking for a low impact workout, and/or recovering from an injury.
PILATES MAT	Discover strength, support, flexibility and balance. Classic Pilates exercises done on the mat while using a variety of props, with emphasis on core strength. This class may also work the fascia system through a series of movement and stretching exercises.
RECOVERY STRETCH	Give your body the TLC it deserves. Improve your performance and enhance your recovery through stretching and myofascial release techniques. Targeted stretching and release will help injury prevention, increase flexibility and improve posture. Move better, feel better.
STEP + STRENGTH	Step right up! Improve your strength, cardio and coordination with a combination of classic Step moves and resistance training exercises. Some step experience is recommended.
TOTAL BODY BLAST	Ignite your metabolism with a fun, endurance-focused workout that will leave you feeling the burn. Combine cardio and resistance training exercises to increase your strength and stamina. <i>For Stroller-Friendly classes, Children must remain in strollers at all times.</i>
TOTAL BODY CONDITIONING	Challenge your mental and physical strength with heart-pumping cardio drills combined with bodyweight and resistance training exercises. These dynamic, full-body boot camp-style workouts are both challenging and fun. <i>For Stroller-Friendly classes, Children must remain in strollers at all times.</i>
TOTAL BODY STRENGTH	Become a force to be reckoned with in this strength-based, full-body class. More lean muscle means more calorie burn at rest! You will become a more efficient, fat-burning machine! No-cardio required to work hard in this class.
TOTAL BODY STRENGTH GOLD	Strength training can reduce the effects of many chronic conditions that can occur as we age. It can help reduce pain and stiffness, increase strength and flexibility, build bone density and reduce risks for falls. More lean muscle also means more calorie burn at rest! Class is designed with functional fitness for the older adult to maintain strength, balance, coordination and muscular endurance. No-cardio required to work hard in this class.
YOGA	<b>Happy Hips</b> - Intended for everybody looking to increase their hip health. This class will focus on increasing flexibility, strength and stability of the hip joint, helping your hips feel happy and healthy. <b>Yin</b> - 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. <i>*Please bring your own yoga mat. Yoga programs are held in multi-use studios and may be cool. Warmer clothing is recommended.</i>
ZUMBA™	Take the "work" out of workout, by mixing low 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® classes are often called exercise in disguise.
ZUMBA™ GOLD	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.