

## CITY WIDE | VIRTUAL GROUP FITNESS SCHEDULE | FALL 2021 | NOV 1 - DEC 18

Register for Virtual classes at [MoveLearnPlay.edmonton.ca](https://MoveLearnPlay.edmonton.ca)

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>MIND/BODY</b>							
<b>ESSETRICS® - STRETCH N' TONE</b>		<b>11:45-12:45PM</b> Tara				<b>10:15-11:15AM</b> Tara	
<b>MINI MEDITATION</b>				<b>8:30-9PM</b> Raena			
<b>PILATES</b>				<b>7:15-8PM</b> Raena	<b>1-2PM</b> Raena		
<b>TAI CHI</b>			<b>9-10AM</b> Peggy				
<b>YOGA</b>	<b>9:15-10:15AM</b> FLOW Michelle  <b>11:45-12:45 PM</b> GENTLE Paige	<b>12:45-1:45PM</b> HATHA Elise U	<b>11:45-12:45PM</b> HATHA Monique	<b>11:45-12:45PM</b> GENTLE Donna  <b>12:15-1:15PM</b> PILATES FUSION Dot  <b>5:30-6:30PM</b> FLOW Monique	<b>11:45-12:45PM</b> HATHA Alia	<b>11:45-12:45PM</b> YIN Tasha	
<b>STRENGTH &amp; CONDITIONING</b>							
<b>BOOTCAMP</b>				<b>6-7PM</b> Stephanie/Meshkin			
<b>BARRE</b>		<b>6-6:45PM</b> Elise K	<b>5-5:45PM</b> Stephanie	<b>10:15-11:15AM</b> Stephanie	<b>9:15-10AM</b> Stephanie		
<b>INTERVAL</b>		<b>9-9:45AM</b> H.I.I.T. Stephanie  <b>12-12:30PM</b> TABATA - LUNCH EXPRESS Elise U  <b>5-5:45PM</b> TABATA Monique	<b>12-12:30PM</b> H.I.I.T. - LUNCH EXPRESS Kim		<b>10-10:45AM</b> TABATA Elise U  <b>5-5:45PM</b> KICK & H.I.I.T. Cindy/Jen D		
<b>LIVING FIT</b>		<b>9:15-10:15AM</b> Elaine		<b>10:30-11:30AM</b> Johanna			
<b>LIVING STRONG</b>			<b>9:15-9:45AM</b> Kelly/Jen D		<b>9:15-10:15AM</b> Kelly	<b>9-9:45AM</b> Elise U	
<b>STEP + STRENGTH</b>						<b>9:15-10:15AM</b> Tammy	<b>9:15-10:15AM</b> Shannon



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	SUN	MON	TUE	WED	THU	FRI	SAT
<b>STRONG NATION™</b>			<b>7:15-8:15PM</b> Chris & Vincent				<b>11:45-12:45PM</b> Chris & Ioana
<b>TOTAL BODY BLAST</b>	<b>9-9:45AM</b> Kim			<b>9-10AM</b> Stephanie	<b>6-6:50PM</b> Monique		
<b>TOTAL BODY STRENGTH</b>	<b>10:30-11:30AM</b> <b>360</b> Cindy	<b>10:30-11:30AM</b> <b>360</b> Rachel	<b>10:15-11:15AM</b> <b>360</b> Monique  <b>6-6:50PM</b> <b>360</b> Cindy		<b>12-12:30PM</b> <b>LUNCH EXPRESS-HARD CORE</b> Monique	<b>10:30-11:30AM</b> <b>360</b> Tamico  <b>12-12:30PM</b> <b>ALL ARMS</b> Stephanie	
<b>DANCE FITNESS</b>							
<b>ZUMBA™</b>	<b>10:15-11:15AM</b> <i>Family-Friendly</i> Ashley & Vincent	<b>10:30-11:30AM</b> Yuri  <b>7:15-8:15PM</b> Damara & Mei	<b>5:45-6:45PM</b> Mei	<b>9:15-10:15AM</b> Damara & Yuri  <b>7:15-8:15PM</b> Damara & Lisa	<b>10:30-11:30AM</b> Lisa & Mei  <b>7:15-8:15PM</b> Yuri & Mei	<b>5:30-6:30PM</b> Vincent	<b>10:30-11:30AM</b> Lisa & Damara/Yuri
<b>ZUMBA™ GOLD</b>			<b>10:30-11:30AM</b> Catherine				

**ACTIVITY DESCRIPTIONS & INTENSITY RATING**

<b>BARRE</b>	3-4	Turn up the heat in this total-body Barre workout. Using a combination of isometric, resistance exercises and heart-pumping cardio challenges, you'll reap the benefits of both muscular endurance and cardiovascular training.
<b>ESSENTRICS® - STRENGTH N' TONE</b>	2	Essentrics is a full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints.
<b>INTERVAL - H.I.I.T.</b>	3-4	Maximize your workout with our High Intensity Interval Training class. H.I.I.T. is an efficient way to scorch calories, even after class is done! Build cardiovascular fitness while improving muscular strength and overall endurance. A variety of interval intensities may be used. Prepare to get sweaty!
<b>INTERVAL - TABATA</b>	3-4	Take up the intensity with this Tabata-timing style interval training class. Expect to push yourself to the max, utilizing intervals of 20 seconds of work with 10 seconds of rest.
<b>INTERVAL - KICK &amp; H.I.I.T.</b>	3-4	Build stamina, improve coordination and flexibility, and torch calories with this kickboxing inspired class. Combined with High Intensity Interval Training, this class will leave you feeling strong both physically and mentally!
<b>LIVING FIT</b>	2-3	Move better, live fit! Improve balance, coordination and bone density with a variety of gentle cardio and resistance exercises specifically designed for older adults. Living Fit is designed to keep you moving throughout your daily activities.
<b>LIVING STRONG</b>	3-4	Improve balance, coordination and bone density with a variety of gentle cardio and resistance exercises specifically designed for older adults or those new to fitness.
<b>MINI MEDITATION</b>	1	Using a combination of gentle movement and stillness, find a sense of calm, peace and balance that will benefit your emotional well-being and overall health.
<b>PILATES MAT</b>	3-4	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.
<b>STEP + STRENGTH</b>	3-4	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.



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<b>STRONG NATION™</b>	3-4	Stop counting the reps. Start training to the beat. STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.
<b>TOTAL BODY BLAST</b>	3-4	Ignite your metabolism with a fun, well-rounded workout that will leave you feeling the burn. Combine cardio and resistance training exercises to increase your strength and stamina.
<b>TOTAL BODY STRENGTH - 360</b>	3-4	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.
<b>TOTAL BODY STRENGTH - ALL ARMS</b>	3-4	30 minutes dedicated to those bi's, tri's, shoulders, back and chest. Upper body strength is important to ensure you are able to lift, push and pull your way through all of life's challenges. You are going to need a plumber after this class....because those pipes are going to burst!
<b>TOTAL BODY STRENGTH - HARD CORE</b>	3-4	Think you've got a HARD CORE?! Improve overall function while working through a variety of core-targeted exercises focusing on strength, stability and posture.
<b>YOGA FLOW</b>	3-4	Intended to be the perfect place to begin and gain comfort and confidence with flow style yoga. While connecting breath to movement, we flow from pose to pose at a slower pace to build flexibility, strength and mindfulness, at times pausing to investigate poses & bring awareness to the specifics of alignment. This class will build strength, stamina and deepen balance. Yoga mats are not provided.
<b>YOGA HATHA GENTLE</b>	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.
<b>YOGA HATHA</b>	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 mats are not provided.
<b>YOGA PILATES FUSION</b>	2-3	Intended for everybody. Increase your stability, strength, and flexibility while improving your mind-body connection with the combination of Yoga and Pilates.
<b>YOGA YIN</b>	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 mats are not provided.
<b>ZUMBA™</b>	3-4	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.
<b>ZUMBA GOLD™</b>	2-3	Featuring Latin rhythms, Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, those with limited mobility, as well as those just starting their journey to a fit and healthy lifestyle.

**INTENSITY RATING SCALE: 1 = V.Light Intensity Exercise | 2 = Light Intensity | 3 = Moderate Intensity | 4 = Vigorous Intensity | 5 = Max Effort Intensity**

