

**ADULT/YOUTH | DROP-IN GROUP FITNESS SCHEDULE | FALL 2021 | NOV 1 - DEC 18**

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS.

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>MIND BODY</b>							
<b>PILATES MAT</b>			10:30-11:30AM MPR4 Shannon				
<b>YOGA</b>	9:30-10:30AM HATHA MPR4 Ken	10:45-11:45AM HATHA MPR4 Elitsa  6:30-7:30PM HATHA MPR2 Rouba		10:30-11:30AM HATHA MPR4 Ken  6:30-7:30PM YIN MPR2 Rouba	10:30-11:30AM HATHA MPR4 Jamie	10:30-11:30AM HATHA MPR4 Elitsa	
<b>STRENGTH &amp; CONDITIONING</b>							
<b>BOOT CAMP</b>	9:30-10:30AM GYM Ioana						
<b>INTERVAL - TABATA</b>				7:15-8PM MPR4 Ioana			
<b>STRONG NATION™</b>					7-8PM MPR4 Ioana		
<b>TOTAL BODY BLAST</b>		9:15-10:15AM GYM Margareta	6-6:50PM MPR4 Margareta		6-6:50PM MPR4 Ioana	9:15-10:15AM GYM Margareta	9:15-10:15AM MPR4 Marcy
<b>TOTAL BODY STRENGTH - 360</b>		6-6:50PM MPR4 Sandy		9:15-10:15AM GYM Courtney			
<b>DANCE FITNESS</b>							
<b>ZUMBA™</b>	10:45-11:45AM MPR4 Lisette	9:30-10:30AM MPR4 Elitsa	9:15-10:15AM MPR4 Christina M  7-8PM MPR4 Lisette	6-7PM MPR4 Christina H	9:15-10:15AM MPR4 Margareta	12-1PM MPR4 Christina M	10:30-11:30AM MPR4 Vincent

\*Please bring your own yoga mat and a towel. Yoga programs are held in multi-use studios and may be cool. Warmer clothing is recommended.

\*Please arrive early to your group fitness class. Space and equipment may be limited and are available on a first-come-first-served basis. To be fair to others, please do not save extra spots for your friends

\*Virtual programs are available. View the schedule and register for classes on [MoveLearnPlay.edmonton.ca](https://movelearnplay.edmonton.ca)

## DROP-IN INDOOR GROUP FITNESS SCHEDULE | FALL 2021 | OCT 12 - DEC 18

## ACTIVITY DESCRIPTIONS &amp; INTENSITY RATING

<b>BOOT CAMP</b>	3-5	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. Prepare to sweat and be pushed!
<b>INTERVAL - TABATA</b>	4-5	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. High-intensity training not only improves your overall fitness, it helps you burn more calories both during and after your workout.
<b>PILATES MAT</b>	3	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>STRONG NATION™</b>	3-4	Stop counting the reps, start training to the beat. STRONG Nation® combines bodyweight, 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, endurance-focused 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>YOGA HATHA</b>	2-4	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 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.

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

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