

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
MIND/BODY							
PILATES BARRE			4:45-5:45PM Studio 2 Raena		4:45-5:45PM Studio 2 Raena		
YOGA	11:30-12:30PM HATHA Studio 2 Ken	12-1PM HATHA Studio 2 Alia 7:15-8:15PM HATHA Studio 2 Tasha	12-1PM PILATES FUSION Studio 2 Shannon 7:15-8:15PM YIN Studio 2 Tasha	12-1PM HATHA Studio 2 Raena	11:30AM-12:30PM HATHA Studio 2 Elitsa 7:15-8:15PM YIN Studio 2 Tasha	12-1PM PILATES FUSION Studio 2 Raena	9-10AM HATHA Studio 2 Tasha
STRENGTH & CONDITIONING							
CYCLE				9-9:45AM MPR 5 Tasha	6:15-7PM MPR 5 Tasha		9:45-10:45AM MPR 5 Lorrie
INTERVAL			9:30-10:15AM TABATA Studio 2 Zhauhara				10:15-11:15AM CIRCUIT Studio 2 Tasha
TOTAL BODY BLAST		9:15-10:15AM <i>Stroller Friendly</i> Studio 2 Rebecca 6-6:50PM Gym Marcy					
TOTAL BODY STRENGTH			6-7PM 360 Studio 2 Tasha	10-10:30AM 360 Studio 2 Tasha		9:30-10:30AM 360 Studio 2 Cindy	
DANCE FITNESS							
ZUMBA™	10:15-11:15AM Studio 2 Emilio	10:45-11:45AM Studio 2 Christina M 6-7PM Studio 2 Dru		10:45-11:45AM Gym Christina M 6-7PM Studio 2 Vincent	10:15-11:15AM Studio 2 Elitsa 6-7PM Studio 2 Chelsea	10:45-11:45AM Studio 2 Vincent	
ZUMBA GOLD™			10:45-11:45AM Studio 2 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.

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

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CYCLE	3-5	Watch your performance surge in this drill-focused cycle class set to energizing music. You will be challenged with a variety of interval drills utilizing rolling hills, sprints, climbs and much more!
INTERVAL - CIRCUIT	3-4	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.
INTERVAL - TABATA	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.
PILATES BARRE	3	This total-body toning workout infuses elements of ballet, Pilates, and Yoga to lengthen and strengthen the body. Pilates Barre will have a strong focus on Pilates movements to build core strength.
TOTAL BODY BLAST	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. <i>*For Stroller-Friendly classes, all children must remain in strollers. Modifications and options will be provided to accommodate all levels.</i>
TOTAL BODY STRENGTH - 360	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.
TOTAL BODY STRENGTH - ALL ARMS/HARD CORE	3-4	Alternating each week between All Arms and Hard Core. All Arms - 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! Hard Core - 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.
YOGA HATHA	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.
YOGA YIN	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.
YOGA PILATES FUSION	3	Intended for everybody. Increase your stability, strength, and flexibility while improving your mind-body connection with the combination of Yoga and Pilates. Yoga mats are not provided.
ZUMBA™	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.
ZUMBA GOLD™	2-3	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.

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

***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**

