

**ADULT/YOUTH | DROP-IN GROUP FITNESS SCHEDULE | FALL 2021 | OCT 12 - DEC 18**

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>MIND/BODY</b>							
<b>ESSENTRICS® - STRETCH N' TONE</b>			10:30-11:30AM Studio Christine			10:30-11:30AM Studio Christine	
<b>PILATES MAT</b>			12-1PM Studio Raena				
<b>YOGA</b>	1-2:15PM FLOW Studio Rouba	10:30-11:30AM HATHA Studio Alia	6:30-7:30PM HATHA Studio Ryan		9:15-10:15AM HATHA Studio Tasha  12-1PM PILATES FUSION Studio Shannon		
<b>STRENGTH &amp; CONDITIONING</b>							
<b>BOOT CAMP</b>		9:45-10:45AM Volleyball Court Jen H  6-7PM Volleyball Court Meshkin				9:30-10:30AM Volleyball Court Rebecca	
<b>CYCLE</b>	9:15-10:30AM Spin Garage Lorrie			5:30-6:30PM Spin Garage Brett	6:30-7:30AM Spin Garage Tasha		
<b>INTERVAL</b>			6-6:50PM TABATA Volleyball Court Meshkin  7-8PM CIRCUIT Volleyball Court Meshkin		6-6:50PM TABATA Volleyball Court Zhouhara		8-9AM CIRCUIT Fieldhouse FTC Zhouhara  11:30-12:15PM H.I.I.T. THE STEP Program Studio Jenny
<b>LIVING FIT</b>				9:15-10:15AM Studio Elaine			
<b>LIVING STRONG</b>		9:15-10:15AM Studio Johanna				9:15-10:15AM Studio Jen D/Kelly	
<b>OBSTACLE FIT CONDITIONING</b>				7:15-8:15PM Fieldhouse FTC Brett & Jen H			
<b>STEP</b>	11:15-12PM BASICS Studio Ray  9:30-10:30AM +STRENGTH Studio Tammy	5:30-6:30PM ADVANCED Studio Laura					9-10AM +STRENGTH Studio Abena/Tammy



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<b>STROLLER FIT</b>				9:30-10:30AM Volleyball Court Rebecca	8-9AM Fieldhouse FTC Zhauhara		
<b>STRONG NATION™</b>		6:45-7:45PM Studio Ioana					
<b>TOTAL BODY BLAST</b>			9:45-10:45AM Volleyball Court Stroller Friendly Rebecca				
<b>TOTAL BODY STRENGTH</b>	10:40-11AM HARD CORE Studio Tammy  12:10-12:40PM ALL ARMS Studio Ray			6-7PM 360 Volleyball Court Zhauhara			
<b>DANCE FITNESS</b>							
<b>ZUMBA™</b>				6-7PM Studio Ashley			10:15-11:15AM Volleyball Court Ashley

\*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](http://MoveLearnPlay.edmonton.ca)

**ACTIVITY DESCRIPTIONS & 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! <i>*For <b>Stroller-Friendly</b> classes, all children must remain in strollers. Modifications and options will be provided to accommodate all levels.</i>
<b>CYCLE</b>	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!
<b>ESSETRICS® - STRETCH N' TONE</b>	2-3	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. With a diverse music playlist accompanying each routine, this equipment-free workout leaves you feeling energized, youthful and healthy.
<b>INTERVAL - CIRCUIT</b>	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.
<b>INTERVAL - H.I.I.T. THE STEP</b>	4-5	Step up your game! Improve your cardio fitness, agility and coordination. Get your heart pumping by using the STEP for intervals, plyometrics, strength and balance drills. No prior step experience required.
<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.
<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.



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<b>LIVING STRONG</b>	3-4	Move better, live STRONG! In this strength-training focused class, you'll improve strength, balance and coordination with a variety of resistance training exercises specifically designed for older adults or those new to fitness.
<b>OBSTACLE FIT CONDITIONING</b>	3-5	Obstacle course fitness conditioning combines strength and endurance training for an amazing workout designed to both challenge and improve your skills, speed, strength and agility while testing your mental toughness. This class will have you ready to tackle any obstacle and conquer any course!
<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>STEP - ADVANCED</b>	3-4	Step up your cardio with this choreographed high energy class that uses a step platform to strengthen and shape the lower body, one step at a time. This is an Advanced class. Some Step experience is recommended.
<b>STEP - BASICS</b>	3	Step up your cardio with this choreographed high energy class that uses a step platform to strengthen and shape the lower body, one step at a time. This class is designed for beginners and those new to Step. No Step experience is required.
<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.
<b>STROLLER FIT</b>	3-4	Stroller Fit is a functional, total-body conditioning workout combining cardio and resistance training, designed for parents to exercise with their kids in tow. Classes are taught by instructors certified in Pre/Postnatal fitness. All children must remain strollers.
<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, 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>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 - 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 PILATES FUSION</b>	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.
<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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