

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

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS

For Program Descriptions and Intensity Ratings, please see below.

	SUN	MON	TUE	WED	THU	FRI	SAT
YOGA - HATHA					7-8PM Studio Ken		

ACTIVITY DESCRIPTIONS & INTENSITY RATING

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.
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INTENSITY RATING SCALE: 1 = V.Light Intensity Exercise | 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*

**Virtual programs are available. View the schedule and register for classes on MoveLearnPlay.edmonton.ca.*