

OUTDOOR AND INDOOR PROGRAM SCHEDULE | SUMMER 2021 | JUL 12 - SEP 4

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YRS

DROP-IN FITNESS SCHEDULE

MIND/BODY = **BLUE** | STRENGTH & CONDITIONING = **BLACK** | ZUMBA = **RED**

	SUN	MON	TUE	WED	THU	FRI	SAT
OUTDOOR PROGRAM SCHEDULE (PRE-REGISTRATION REQUIRED)							
OUTDOOR AM	9-10AM **TOTAL BODY BLAST (Stroller-Friendly) Kim 10:30-11:30AM ZUMBA FAMILY (Stroller-Friendly) Ashley	10-11AM ZUMBA (Stroller-Friendly) Damara					
OUTDOOR PM			6:15-7:15PM ZUMBA (Stroller-Friendly) Ashley	6:15-7PM BOOT CAMP Courtney/Andrea	6:15-7:15PM ZUMBA (Stroller-Friendly) Mei		
INDOOR PROGRAM SCHEDULE							
INDOOR AM			10-11AM YOGA CHAIR Alia	9:15-10:15AM TOTAL BODY STRENGTH Tammy	10-11AM YOGA HATHA Alia	9:15-10:15AM TOTAL BODY BLAST Cindy	
INDOOR PM		6:15-7:15PM TOTAL BODY STRENGTH Andrea/Courtney					

**Yoga mats are not provided. A towel and/or blanket are recommended for relaxation/meditation portion of Yoga classes. As well, 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.*

***For Stroller-Friendly classes, all children must remain in strollers. Modifications and options will be provided to accommodate all levels.*

ACTIVITY DESCRIPTIONS & INTENSITY RATING		
BOOT CAMP	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!
CORE EXPRESS	1-3	A strong core can help prevent neck, back and hip pain. Improve overall function while working through a variety of core-targeted exercises focusing on strength, stability and posture.
TOTAL BODY BLAST	3-4	Boost 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.
TOTAL BODY STRENGTH	3-4	Become a force to be reckoned with in this strength-based 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.
YOGA CHAIR	2-3	Intended for everybody. Traditional yoga poses are adapted to be safely done in a chair or using a chair for support, making yoga accessible for people challenged by standing for long periods or mobility in moving to and from the floor.
YOGA HATHA	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.
ZUMBA™	3	Take the "work" out of workout, by mixing low 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® 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		



*NO Leader-led Programs on Statutory Holidays. *Schedule subject to change. Please visit edmonton.ca/FacilityNotifications for updates on closures or class cancellations and Visit movelearnplay.edmonton.ca for weekly drop-in schedules. **Revised July 15, 2021.**