

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		7:30-8:30PM HATHA MPR 302 Anne					10:30-11:30AM YIN MPR 302 Anne
ZUMBA™			7-8PM MPR 302 Ashley		7-8PM MPR 302 Sandamali	5:30-6:30PM MPR 302 Ashley	

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.
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.
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.

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](https://movelearnplay.edmonton.ca)*