

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

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS.

****Some indoor classes will be livestreamed, register for virtual classes on MoveLearnPlay.edmonton.ca**

	SUN	MON	TUE	WED	THU	FRI	SAT
MIND/BODY							
ESSENTRICS® - STRETCH N" TONE		11:45-12:45PM Energy Studio ** Tara		11:45-12:45PM MPR 6 Christine		10:15-11:15AM MPR 6 ** Tara	
PILATES MAT			10:45-11:45AM MPR 6 Tara		6-6:50PM MPR 6 Tara	9-10AM MPR 6 Tara	
TAI CHI			9-10AM Energy Studio ** Peggy		10:30-11:30AM MPR 6 Peggy		
YOGA	9:15-10:15AM FLOW Energy Studio ** Michelle 11:45-12:45PM GENTLE Energy Studio ** Paige	11:45-12:45PM GENTLE MPR 6 Paige	11:45-12:45PM HATHA Energy Studio ** Monique 6:30-7:30PM HATHA MPR 6 Michelle	11:45-12:45PM GENTLE Energy Studio ** Donna	11:45-12:45PM HATHA Energy Studio ** Alia	11:45-12:45PM YIN Energy Studio ** Tasha	
STRENGTH & CONDITIONING							
BARRE			5-5:45PM Energy Studio ** Stephanie		9:15-10AM MPR6 ** Stephanie		
BOOT CAMP		10:15-11:15AM Flexi Hall Stephanie		9-10AM Flexi Hall Zhauhara 6-7PM Energy Studio ** Stephanie/Meshkin	6-6:45AM Flexi Hall Rebecca	10:15-11:15AM Flexi Hall Stephanie	
CYCLE	9:15-10:15AM Power Studio Cindy	10:30-11:15AM Power Studio Tasha 6-7:15PM +YOGA FLOW Power Studio Monique	10:30-11:15AM Power Studio Johanna 7-8PM Power Studio Cindy	9:30-10:45AM +YOGA FLOW Power Studio Elise 6:45-8PM +YOGA FLOW Power Studio Monique	10:30-11:30AM +STRENGTH Power Studio Monique 7-8PM +STRENGTH Power Studio Monique		
INTERVAL		5-5:50PM TABATA Energy Studio ** Monique		7:15-8PM TABATA Flexi Hall Sheila	5-5:50PM KICK & H.I.I.T. Energy Studio ** Cindy/Jen D	9:15-10:15AM CIRCUIT Fitness Centre Courtney	10-10:50AM H.I.I.T. Flexi Hall Andrea
LIVING FIT		9:15-10:15AM Energy Studio ** Elaine		10:30-11:30AM Energy Studio ** Johanna			
LIVING STRONG					9:15-10:15AM Energy Studio ** Kelly		



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STEP + STRENGTH						9:15-10:15AM Energy Studio ** Tammy	9:15-10:15AM Energy Studio ** Shannon
STRONG NATION™			7:15-8:15PM Energy Studio ** Chris & Vincent				11:45-12:45PM MPR6 Chris & Ioana
TOTAL BODY BLAST			9-10AM Flexi Hall Monique		9-10AM Flexi Hall Monique 6-6:50PM Energy Studio ** Monique		
TOTAL BODY STRENGTH	10:30-11:30AM 360 Energy Studio ** Cindy	10:30-11:30AM 360 Energy Studio ** Rachel 9:45-10:15AM HARD CORE Power Studio Tasha	6-6:50PM 360 Energy Studio ** Cindy			10:30-11:30AM 360 Energy Studio ** Tamico	
WALKING FIT					10-11AM Fitness Centre Ellen		
DANCE FITNESS							
ZUMBA™	10:15-11:15AM GYM ** <i>Family Friendly</i> Ashley & Vincent	9-10AM Flexi Hall Yuri 7:15-8:15PM Energy Studio ** Damara & Mei	10:30-11:30AM GOLD Energy Studio ** Catherine	9:15-10:15AM Energy Studio ** Damara & Yuri 7:15-8:15PM Energy Studio ** Lisa & Damara	10:30-11:30AM Energy Studio ** Lisa & Mei 7:15-8:15PM Energy Studio ** Yuri & Mei	9-10AM Flexi Hall Damara 5:30-6:30PM Energy Studio ** Vincent	10:30-11:30AM Energy Studio ** Lisa & Damara/Yur

**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)*

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!
BARRE	3	Get strong, long and lean with this low-impact total body barre class that incorporates elements of ballet, yoga, pilates and strength training to sculpt your body. You'll get a solid leg shaking, arm blasting, everything-is-burning-and-I-want-to-cry workout.
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!
CYCLE + STRENGTH	3-5	Rev up your metabolism with 30 minutes of heart pounding cycling cardio and 30 minutes of strength training. Challenge your cardio with a variety of interval drills utilizing rolling hills, sprints, climbs and much more. Then slow things down and focus on bodyweight and resistance training to improve your strength.
CYCLE + YOGA FLOW	3-4	This fusion class is the perfect combination of work for the mind and body. Challenge your cardio with a variety of interval drills utilizing rolling hills, sprints, climbs and much more. Then take your workout to your mat and enjoy a strong Flow-style Yoga practice.



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ESSETRICS® - STRETCH N' TONE	2	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 all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints.
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 - H.I.I.T.	4-5	Maximize your workout with our High Intensity Interval Training class. H.I.I.T. is an efficient way to scorch calories, even after class is done! Build cardiovascular fitness while improving muscular strength and overall endurance. A variety of interval intensities may be used. Prepare to get sweaty!
INTERVAL - TABATA	3-4	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.
LIVING FIT	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.
LIVING STRONG	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.
PILATES MAT	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.
STEP + STRENGTH	3	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.
STRONG NATION™	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.
TAI CHI	2	Learn traditional Yang-style Tai Chi. The slow and graceful movements, combined with focused attention effectively exercise the mind and body. Tai Chi is a meditation in motion that is suitable for everyone.
WALKING FIT	2-3	Get fit with Walking Fit! Regular moderately-paced walking can increase brain function, elevate your mood, and improve overall health in so many ways. Who doesn't want to move better, think better, and feel better? In good weather class may go outside.
YOGA FLOW	2-3	Intended to be the perfect place to begin and gain comfort and confidence with flow style yoga. While connecting breath to movement, we flow from pose to pose at a slower pace to build flexibility, strength and mindfulness, at times pausing to investigate poses & bring awareness to the specifics of alignment. This class will build strength, stamina and deepen balance. Yoga mats are not provided.
YOGA HATHA GENTLE	2	Intended for beginners, those with special concerns or injuries and those who simply desire a slower pace in which to develop greater personal body and breath awareness with attention to alignment and detail. Learn more about yoga and improve flexibility, alignment, strength & balance in a gentle achievable practice that is relaxing, calming and stress-relieving. Yoga mats are not provided.
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. Yoga mats are not provided.
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. *For Family-Friendly classes , children must be 8 years or older to attend.
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 Exercise | 2 = Light Intensity | 3 = Moderate Intensity | 4 = Vigorous Intensity | 5 = Max Effort Intensity

