

**ACTIVE OLDER ADULT | DROP-IN GROUP FITNESS SCHEDULE | FALL 2021 | OCT 12 - DEC 18**

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS.

**\*\*Some indoor classes will be livestreamed, register for virtual classes on [MoveLearnPlay.edmonton.ca](https://MoveLearnPlay.edmonton.ca)**

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>ESSETRICS® - STRETCH N' TONE</b>		<b>11:45-12:45PM</b> Energy Studio ** Tara		<b>11:45-12:45PM</b> MPR 6 Christine			
<b>LIVING FIT</b>		<b>9:15-10:15AM</b> Energy Studio ** Elaine		<b>10:30-11:30AM</b> Energy Studio ** Johanna			
<b>PILATES MAT</b>			<b>10:45-11:45AM</b> MPR 6 Tara		<b>6-6:50PM</b> MPR 6 Tara	<b>9-10AM</b> MPR 6 Tara	
<b>TAI CHI</b>			<b>9-10AM</b> Energy Studio ** Peggy		<b>10:30-11:30AM</b> MPR 6 Peggy		
<b>WALKING FIT</b>					<b>10-11AM</b> Fitness Centre Ellen		
<b>YOGA</b>	<b>11:45-12:45PM</b> <b>GENTLE</b> Energy Studio ** Paige	<b>11:45-12:45PM</b> <b>GENTLE</b> MPR 6 Paige	<b>11:45-12:45PM</b> <b>HATHA</b> Energy Studio ** Monique  <b>6:30-7:30PM</b> <b>HATHA</b> MPR 6 Michelle	<b>11:45-12:45PM</b> <b>GENTLE</b> Energy Studio ** Donna	<b>11:45-12:45PM</b> <b>HATHA</b> Energy Studio ** Alia	<b>11:45-12:45PM</b> <b>YIN</b> Energy Studio ** Tasha	
<b>ZUMBA GOLD™</b>			<b>10:30-11:30AM</b> Energy Studio ** Catherine				

*\*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.*

**ACTIVITY DESCRIPTIONS & INTENSITY RATING**

<b>ESSETRICS® - STRETCH N' TONE</b>	<b>2</b>	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>LIVING FIT</b>	<b>2-3</b>	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.
<b>LIVING STRONG</b>	<b>3</b>	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>TAI CHI</b>	<b>2</b>	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.
<b>WALKING FIT</b>	<b>2-3</b>	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.
<b>YOGA HATHA GENTLE</b>	<b>2-3</b>	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



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		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.
<b>YOGA HATHA</b>	<b>2-4</b>	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.
<b>YOGA YIN</b>	<b>2-3</b>	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.
<b>ZUMBA GOLD™</b>	<b>3</b>	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.
<b>INTENSITY RATING SCALE: 1 = V.Light Intensity Exercise   2 = Light Intensity   3 = Moderate Intensity   4 = Vigorous Intensity   5 = Max Effort Intensity</b>		

