

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

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS.

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 H.I.I.T. Cindy	9-9:45AM TABATA (Stroller-Friendly) Monique 10:15-11:15AM LIVING FIT Elaine	9-10AM CARDIO STRENGTH Tammy	9-9:45AM TOTAL BODY STRENGTH Zhouhara 10:30-11:30AM ZUMBA Damara	10:30-11:30AM LIVING FIT Elise	10:30-11:30AM ZUMBA (Stroller-Friendly) Mei	9-10AM BOOT CAMP (Stroller-Friendly) Cindy 10:30-11:30AM ZUMBA (Stroller-Friendly) Damara/Mei
OUTDOOR PM		6-6:45PM H.I.I.T. Brett 7-8PM ZUMBA (Stroller-Friendly) Damara	6-7PM BOOT CAMP (Stroller-Friendly) Monique	6-7PM TOTAL BODY STRENGTH (Stroller-Friendly) Cindy	6-6:45PM H.I.I.T. (Stroller-Friendly) Laura/Monique		
INDOOR PROGRAM SCHEDULE							
INDOOR AM		10:30-11:30AM ZUMBA Yuri <i>**Livestream</i>			11-12AM YOGA CHAIR Anne <i>**Livestream</i>	9:15-10AM Kick 'n HIIT Tamico <i>**Livestream</i>	9-10AM STEP - INT Tammy
INDOOR NOON				12-1PM YOGA HATHA Monique <i>**Livestream</i>	12:15-1:15PM YOGA HATHA Tasha <i>**Livestream</i>	12-1PM YOGA YIN Elise <i>**Livestream</i>	
INDOOR PM		6-7PM TOTAL BODY STRENGTH Dot <i>**Livestream</i> 7:15-8:1 PM YOGA HATHA Tasha <i>**Livestream</i>		6-7PM YOGA FLOW Tara <i>**Livestream</i> 7:15-8:15PM STRONG NATION Vincent <i>**Livestream</i>			

**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.*

***Some indoor classes will be **livestreamed**, and are available for registration to participate virtually. Please visit MoveLearnPlay.edmonton.ca to register.*

****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 & physical strength with heart-pumping cardio drills combined with bodyweight and resistance training exercises. These dynamic, full-body boot camp-style workouts are challenging and fun. Prepare to sweat and be pushed!
H.I.I.T. & TABATA	4-5	Maximize your INTENSITY 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! Tabata is typically a 20 sec of work, with 10 sec of rest for several intervals (usually 8).
Kick 'n H.I.I.T.	4-5	Build stamina, improve coordination and flexibility, and torch calories with this kickboxing inspired class. Combined with High Intensity Interval Training, this class will leave you feeling strong both physically and mentally! No experience needed, suitable for all fitness levels.
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.
STEP - INTERMEDIATE	3-4	Step up your cardio with this choreographed high energy class that uses a step platform to strengthen and shape the lower body, one step at a time. This is an Intermediate class. Some Step experience is recommended. HiLo options are given for cardio without the Step.
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.
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 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.
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	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

