

ADULT/FAMILY/YOUTH | DROP-IN GROUP FITNESS SCHEDULE | FALL 2021 | OCT 12 - DEC 18

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YRS

	SUN	MON	TUE	WED	THU	FRI	SAT
MIND/BODY							
ESSETRICS® - STRETCH N' TONE					11:45-12:45PM Studio 208 Tara		
PILATES MAT					10:30-11:30AM Studio 208 Tara		
YOGA		10-11AM HATHA Studio 208 Paige 2-3PM CHAIR Studio 208 Anne	12-1PM GENTLE Studio 208 Paige	12-1PM HATHA Studio 208 Kim E	9:15-10:15AM FLOW Studio 208 Tara	10:30-11:30AM CHAIR Studio 208 Alia 11:45-12:45PM HATHA Studio 208 Alia	8:30-9:30AM HATHA Studio 208 Anne
STRENGTH & CONDITIONING							
BARRE					7:15-8PM Studio 204 Anna		
CARDIO KICKBOXING + STRENGTH			9:15-10:15AM Studio 204 Cindy				
CYCLE		10:45-11:30AM Studio 203 Cindy	6:15-7:15PM +STRENGTH Studio 203 Courtney/Kim M		9:30-10:15AM Studio 203 Cheryl 6:15-7PM Studio 203 Andrea		8:45-9:45AM Studio 203 Tamico
EVOLVE		7-8PM Training Studio Courtney/Andrea			5-5:50PM Training Studio Courtney/Andrea		
INTERVAL		6-6:50PM TABATA Studio 204 Cindy		5-5:50PM KICK & H.I.I.T Studio 204 Tamico			
LIVING FIT					10:30-11:30AM Studio 204 Dave		
LIVING STRONG			10:45-11:45AM Studio 204 Elaine				
STROLLER FIT						10:15-11:15AM Gym Jen H	
TOTAL BODY BLAST		9:15-10:15AM Studio 204 Cindy			10:15-11:15AM Stroller Friendly Gym Tamico	9:15-10:15AM Studio 204 Kim	10:30-11:30AM Studio 204 Cindy
TOTAL BODY STRENGTH	9:15-9:45AM GLUTE GLORY Studio 204 Kim E	10:20-10:40AM HARD CORE Studio 204 Cindy	10:20-10:40AM HARD CORE Studio 204 Cindy	9:15-10:15AM 360 Studio 204 Tammy	10:30-11AM HARD CORE Studio 203 Cheryl	10:20-10:40AM HARD CORE Studio 204 Kim	10-10:20AM HARD CORE Studio 204 Cindy



*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 October 1, 2021.**

	9:50-10:10AM HARD CORE Studio 204 Kim E		5-5:30PM GLUTE GLORY Studio 204 Courtney/Kim M	10:20-10:40AM HARD CORE Studio 204 Tammy			
			5:40-6PM HARD CORE Studio 204 Courtney/Kim M				
	SUN	MON	TUE	WED	THU	FRI	SAT
DANCE FITNESS							
BOLLY BURN	10:15-11:15AM <i>Family Friendly</i> Studio 204 Bhoomi						
ZUMBA™		10:45-11:45AM Studio 204 Damara	6:15-7:15PM Studio 204 Emilio	10:45-11:45AM Studio 204 Mei	9:15-10:15AM Studio 204 Yuri	10:45-11:45AM Studio 204 Damara	12-1PM <i>Family Friendly</i> Studio 204 Ashley
		7-8PM Studio 204 Sabrina		7-8PM Studio 204 Chelsea	6-7PM Studio 204 Ashley		

*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.

*Virtual programs are available. View the schedule and register for classes on MoveLearnPlay.edmonton.ca

ACTIVITY DESCRIPTIONS & INTENSITY RATING

BARRE	3-4	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.
BOLLY BURN	3-4	Move and groove to high energy Bollywood-inspired beats. Bolly Burn is a fun cardio workout with a Bollywood twist and includes higher and lower intensity sequences to get you sweating. Discover movements from various styles derived from Bhangra, Gidra, Garba and other Indian dance forms. <i>*For Family-Friendly classes, children must be 8 years or older to attend.</i>
CARDIO KICKBOXING + STRENGTH	3-4	Kick-up your fitness routine with this high-energy class that combines non-contact kickboxing choreography, cardiovascular and resistance training. Improve your strength, agility, coordination and confidence!
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	3-4	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.
ESSENTRICS® - STRETCH N' TONE	2-3	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.
EVOLVE	4-5	Looking to EVOLVE your training? Challenge your body and exceed what you thought was possible in this hard hitting progressive circuit-style class. Through a variety of cardio, strength and plyometric exercises, feel the burn and push the limits.
INTERVAL - H.I.I.T THE STEP	4-5	Step up your game! Improve your cardio fitness, agility and coordination. Get your heart pumping by using the STEP for intervals, plyometrics, strength and balance drills. No prior step experience required.
INTERVAL - KICK & 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! High-intensity training not only improves your overall fitness, it helps you burn more calories both during and after your workout.



INTERVAL - TABATA	4-5	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.
STROLLER FIT	3-4	Stroller Fit is a functional, total-body conditioning workout combining cardio and resistance training, designed for parents to exercise with their kids in tow. Classes are taught by instructors certified in Pre/Postnatal fitness. All children must remain strollers.
TOTAL BODY BLAST	3-4	Ignite your metabolism with a fun, well-rounded workout that will leave you feeling the burn. Alternate between cardio and resistance training exercises to increase your stamina and muscular endurance. <i>*For Stroller-Friendly classes, all children must remain in strollers. Modifications will be provided to accommodate all levels.</i>
TOTAL BODY STRENGTH - 360	3-4	Become a force to be reckoned with in this strength-based, full-body 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.
TOTAL BODY STRENGTH - HARD CORE	3-4	Think you've got a HARD CORE?! Improve overall function while working through a variety of core-targeted exercises focusing on strength, stability and posture.
TOTAL BODY STRENGTH - GLUTE GLORY	3-4	Never skip leg day! Build a strong lower body with this glute and leg focused workout. Improve lower body and core strength, prevent lower back, hip and knee pain, and function more effectively in your daily activities. Warning... legs may feel shaky after this class! No need to go to Georgia for your peaches.
YOGA CHAIR	2	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. No Yoga mats required, chairs are provided.
YOGA HATHA GENTLE	2-3	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 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.
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. <i>*For Family-Friendly classes, children must be 8 years or older to attend.</i>

INTENSITY RATING SCALE: 1 = V.Light Intensity Exercise | 2 = Light Intensity | 3 = Moderate Intensity | 4 = Vigorous Intensity | 5 = Max Effort Intensity

**Please arrive early to your group fitness class. Space and equipment may be limited and are available on a first-come-first-served basis.*

