

**ACTIVE OLDER ADULT | DROP-IN GROUP FITNESS SCHEDULE | FALL 2021 | NOV 1 - DEC 18**

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YRS

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>ESSENTRICS® - STRETCH N' TONE</b>					<b>11:45-12:45PM</b> Studio 208 Tara		
<b>LIVING FIT</b>					<b>10:30-11:30AM</b> Studio 204 Dave		
<b>LIVING STRONG</b>			<b>10:45-11:45AM</b> Studio 204 Elaine				
<b>YOGA</b>		<b>10-11AM HATHA</b> Studio 208 Paige  <b>2-3PM CHAIR</b> Studio 208 Anne	<b>12-1PM GENTLE</b> Studio 208 Paige	<b>12-1PM HATHA</b> Studio 208 Kim E		<b>10:30-11:30AM CHAIR</b> Studio 208 Alia  <b>11:45-12:45PM HATHA</b> Studio 208 Alia	<b>8:30-9:30AM HATHA</b> Studio 208 Anne

*\*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](http://MoveLearnPlay.edmonton.ca)*

**ACTIVITY DESCRIPTIONS & INTENSITY RATING**

<b>ESSENTRICS® - STRETCH N' TONE</b>	<b>2-3</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.
<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>3-4</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>YOGA CHAIR</b>	<b>2</b>	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.
<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 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.

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

