ADULT DROP-IN DRYLAND SCHEDULE

FALL 2017 | SEP 3 – DEC 23

FACILITY HOURS ON STATUATORY HOLIDAYS: 8AM-8PM							
	SUN	**MON**	**TUE**	**WED**	**THU**	**FRI**	**SAT**
ADMISSION DESK	7AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-10PM
FITNESS CENTRE	7AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-10PM

DROP-IN DRY LAND SCHEDULE							All classes are for participants 13 years old and up
	SUN	**MON**	**TUE**	**WED**	**THU**	**FRI**	**SAT**
CORE EXPRESS		6:55-7:15PM ××			6:40-7PM ××		
STEP (INT/ADV)							8:45-10AM
TABATA INTERVAL TRAINING		7:30-8PM ××			6-6:30PM ××		
TOTAL BODY STRENGTH		6-6:45PM ××			7:10-7:40PM ××		
YOGA - MIXED LEVEL				7:30-8:30PM *Omit Sep 6*	8-9PM		12:30-1:30PM
YOGA - LEVEL II			6:15-7:15PM				
ZUMBA	10-11AM				11AM-12PM		

- Standard classes are 60 minutes. 'Express' classes (××) are less than 60 minutes.
- Schedule subject to change. Please visit www.edmonton.ca/RecCentreNotifications for updates on closures and cancellations.
- Proper exercise wear is required to participate. Please arrive at least 5 minutes before the class begins to avoid disruption.
- No leader-led programs on statutory holidays.
- Yoga mats are not provided; Towels are recommended.

ACTIVITY DESCRIPTIONS	All classes are located in the Studio
CORE EXPRESS	Get to the Core of the matter in 20 minutes. We will work you through a variety of abdominal and lower back exercises to improve your core strength, posture and balance.
STEP (INT/ADV)	This choreographed class is made up of an invigorating cardio component followed by resistance work and stretching. This is an Intermediate to Advanced class. Some Step experience is recommended
TABATA INTERVAL TRAINING	This class will take you through a total body workout that is fun and fast paced. Each set of tabata is four minutes long alternating between twenty seconds of max training followed by ten seconds of rest for a total of eight rounds.
TOTAL BODY STRENGTH	Train all your muscles using your body weight and portable equipment focusing on strength in a functional way for your daily activities. All levels welcome.
YOGA - MIXED LEVEL	This class accommodates a wide range of experience levels from beginner to students that have practiced for a long period of time.
YOGA - LEVEL II	The class works on a balance between strength and flexibility while building endurance and improving your breathing and posture. This class will take you through inversions and more challenging poses to build on your Yoga foundation and knowledge. Experience is recommended.
ZUMBA	A Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Great for all fitness levels.

Revised: August 14, 2017

City of Edmonton Recreation centres

LONDONDERRY LEISURE CENTRE

14528 – 66 Street