MILL WOODS RECREATION CENTRE

Recreation centres | Edmonton

ACTIVE OLDER ADULT | DRYLAND DROP-IN PROGRAM SCHEDULE | SUMMER 2018 | JUL 1 - SEP 1

DOWNLOAD THE REC CENTRES MOBILE APP & BUILD YOUR CUSTOM DROP-IN PROGRAM SCHEDULE! AVAILABLE FOR IOS & ANDROID DEVICES

PROGRAMS ARE OPEN TO ALL PATRONS 13+ YEARS, BUT SUITED FOR OLDER ADULTS

FACILITY HOURS ON STATUTORY HOLIDAYS : 8:00AM - 8:00PM

	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 & RACQUET COURTS	7AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	5:30AM-10PM	7AM-10PM

DROP-IN DRYLAND SCHEDULE

For Program Descriptions and Intensity Ratings, please see below

	SUN	MON	TUE	WED	THU	FRI	SAT
YOGA - HATHA		7:30-8:30PM		7:30-8:30PM			

DROP-IN AQUATIC SCHEDULE

LANE SWIM	7-9AM 6L	5:30-9AM 6L 8-10PM 6L	5:30-8:30AM 6L 9-10PM 6L	5:30-9AM 6L 8-10PM 6L	5:30-8:30AM 6L 9-10PM 6L	5:30-9AM 6L	7-9AM 6L
DEEP WATER AQUAFIT	10:30-11:30AM	8:30-9:30AM	8:30-9:30AM	8:30-9:30AM	8:30-9:30AM	8:30-9:30AM	
SHALLOW WATER AQUAFIT		8:30-9:30AM	8:30-9:30AM	8:30-9:30AM	8:30-9:30AM	8:30-9:30AM	

ACTIVITY DESCRIPTIONS & INTENSITY RATING (All Dryland classes located in the Program Room)

DEEP WATER AQUAFIT	2-4	An aqua belt suspends you so that your whole body gets a total workout. Good for those with joint or injury concerns. Also known as Aquajog.
LANE SWIM		ALL AGES WELCOME. A fitness oriented swim with lanes committed to swimming laps
SHALLOW WATER AQUAFIT	1-3	Get fit! Aquafit is a fun and energetic aerobic exercise class that uses the water for resistance. Low to zero impact is easy on bones and joints. A one-hour class set to music and taught by certified instructors. Work at your own pace, no swimming skills required.
YOGA - HATHA	2-3	This class accommodates a wide range of experience levels from beginner to students that have practiced for a long period of time. The class works on a balance between strength and flexibility while building endurance and improving your breathing and posture. Yoga mats are not provided.

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

Yoga mats are not provided

☆ *NO Leader-led Programs and Kid's Den on Statutory Holidays. *Schedule subject to change. Please visit edmonton.ca/FacilityNotifications for updates on closures or class cancellations. ***DOWNLOAD the Rec Centres Mobile App & Build your custom drop-in program schedule***, search for 'City Rec Centres' on the App Store ©, or Google Play ©. Or visit edmonton.ca/FindYourFIt for weekly drop-in schedules. ***Revised June 12, 2018.***