

ADULT/YOUTH | 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

DROP-IN DRYLAND SCHEDULE							
Standard classes are 60 minutes. 'Plus' classes (++) are more than 60 minutes. 'Express' classes (**) are less than 60 minutes. For Program Descriptions and Intensity Ratings, please see below.							
	SUN	MON	TUE	WED	THU	FRI	SAT
FITNESS CENTRE	7AM-10PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	5:30AM-10:30PM	6:30AM-10PM
KIDS DEN (0-11YRS)		8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-8PM	8:30AM-4PM	8:30AM-3PM
BARRE w/ BABY					1:15-2:15PM		
BOOT CAMP (FH)		9:30-10:30AM 6-7PM	7-8PM	6-7PM		9:25-10:25AM	
CIRCUIT TRAINING (FTC)			8-9AM		8-9AM		8-9AM
CORE EXPRESS (FH) **	11:10-11:30AM		9:10-9:30am		9:10-9:30AM	9-9:20AM	9-9:20AM
FLEXIBILITY & MOBILITY (PS) **		7:10-7:30PM (TS)	1:05-1:25PM 8:10-8:30PM (TS)	1:30-1:50PM			9:30-9:50AM (TS) 10:50-11:10AM (TS)
LIVING FIT (PS)		9:15-10:15AM		9:15-10:15AM	10:55-11:55AM	9:15-10:15AM	
OBSTACLE-FIT (FH)				7:15-8:15PM			9:45-10:45AM
PILATES CORE (PS)			12-1PM	11AM-12PM	2:30-3:30PM		
SPIN (SG)	9-10AM 10:15-11AM ** (TABATA)	5-5:45PM **	6:30-7:30AM	5:30-6:30PM	6:30-7:30AM		
SPIN - VIRTUAL (SG)	3-4:30PM	6-7PM	7:30-9PM	7:15-8:45PM		6-8PM	6-7:30PM
SPIN - VIRTUAL COACH (SG)		7-8AM 12-12:45PM	9-10AM 12-12:45PM 4:30-5:15PM	7-8AM 12-12:45PM 4:30-5:15PM	9-10AM 12-12:45PM 4:30-5:15PM 7-8PM	7-8AM 9:15-10:15AM 12-12:45PM 3:30-4:30PM	10AM-12PM
STEP (PS)	11:15AM-12:15PM (BASIC)	5:30-6:30PM (ADV)	5:15-6:15PM (INT/ADV)				11:15AM-12PM ** (INT)
STEP & STRENGTH (PS)	9:45-11AM ++						8:40-9:55AM ++
STROLLERCIZE (FH)		9:45-11AM ++	9:45-11AM ++			10:30-11:45AM ++	
TABATA INTERVAL TRAINING (FH)			6-6:45PM **		6-6:45PM **		
TOTAL BODY BARRE (PS)					8-8:45PM **		
TOTAL BODY BLAST (PS)				9:30-10:45AM (FH)		5:15-6:15PM	
TOTAL BODY STRENGTH (PS)			9:30-10:30AM	12:10-12:55PM xx	5:15-6:15PM		12-1PM
YOGA - ATHLETIC (KR)		6-6:45PM **					
YOGA - HATHA (PS)	2-3:15PM ++ (INT) 3:30-4:45PM ++	10:45AM-12PM ++ 7-8PM (KR)	6:30-7:45PM ++	2-3PM	9:15-10:45AM ++	12-1:15PM ++	2-3:15PM ++
YOGA - FLOW			8-9PM (PS)				
YOGA - YIN (PS)			2-3PM		6:30-7:45PM		
YOGA PILATES FUSION (PS)					12-1PM		
ZUMBA (PS)				6-7PM 7:15-8:15PM		10:30-11:30AM	10:05-11:05AM
ZUMBA - STRONG (PS)		6:45-7:45PM					
ROOM DESCRIPTIONS: *FH = Field House *KR = Kinetite Room *PS = Program Studio *TS = Training Studio *SG = Spin Garage *VB5 = Volleyball Court #5							

Activity Descriptions & Intensity Rating		
KIDS DEN		The Kids Den, a drop-in babysitting service, provides a fun and safe place for your child to be active while you enjoy the recreation facility. We provide a range of activities including puzzles, books, crafts, painting, colouring, games, music, songs, and an array of physical activity. Child minding is available for up to 2.5 hours for patrons of the facility. You must remain in the facility while your child is in the Kids Den, and cell phone contact is required. Ages newborn to 11 years.
BARRE w/ BABY	1-3	A dynamic workout inspired by a mix of dance, strength, Pilates and Yoga utilizing the ballet barre and other equipment. Designed for moms with babies 6 weeks - 9 months old (before they are mobile). Babies must be worn/strapped to mom for class.
BOOT CAMP	3-5	Personalized whole - body workouts that are both challenging and fun! Prepare to be pushed!
CIRCUIT TRAINING	3-5	Try out this total body interval-style class that targets your entire body with a variety of cardio, strength, plyometric and core training exercises.Maximize calorie burn and total body conditioning.
CORE EXPRESS	1-3	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.
FLEXIBILITY & MOBILITY	1-2	Increase range of motion, flexibility and mobility. This class will utilize various myofascial/trigger point techniques as well as stretching, range of motion and mobility exercises to get your body moving freely and without pain.
LIVING FIT	2-4	Exercises specifically designed for the active older adult, a variety of cardio and resistance training exercises will keep you moving and strong for the daily activities of life.
OBSTACLE-FIT CONDITIONING	3-5	Obstacle course fitness conditioning combines strength and endurance training for an amazing workout designed to both challenge and improve your skills, speed, strength and agility while testing your mental toughness. This class will have you ready to tackle any obstacle and conquer any course! Children must be 8 years or older to attend the Family class.
PILATES CORE	3	Classic Pilates exercises done on the mat with emphasis on core strength and stretching. This class will help you get sculpted abs as well as improve your posture, spinal mobility, balance and flexibility. All levels welcome.
SPIN	3-5	Enjoy a fun group cycling class that combines cardio training and muscle conditioning. Follow the instructor through exercise routines set to music. Spin Bike Tickets (1/person) will be available 30 minutes prior to class time from the Admissions Desk.
SPIN - VIRTUAL	2-4	Go for a bike ride at your own pace, and enjoy the scenery on screen along the way. There will be no coaching for this workout.
SPIN - VIRTUAL COACH	2-4	Led by a virtual instructor who will coach you through your cycling workout as you explore various destinations from the comfort of the “Spin Garage”
STEP	2-5	This choreographed class uses a step platform to kick your cardio up a notch. Please see the schedule for the class title to determine the level of this class.
STEP & STRENGTH	2-4	Combine classic step moves with resistance exercises for a full-body workout. Some step experience is recommended.
STROLLERCIZE	3-5	A high/low cardio and strength class that allows a parent to exercise while spending time with their child(ren). All children must remain strollers. In good weather, this class may go outside.
TABATA INTERVAL TRAINING	3-5	Tabata will take you through a total body workout that is fun and fast paced. Each set 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 BARRE	2-4	Set to upbeat music, Barre combines movements from Ballet, Pilates and Yoga while using the barre, light weights and resistant bands.
TOTAL BODY BLAST	3-4	A well-rounded workout that will increase your metabolism alternating between cardio drills and strength building exercises.
TOTAL BODY STRENGTH	3-4	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 - ATHLETIC	3-4	Intended for athletes (or athletes at heart) who seek to challenge themselves with a class that helps expose weaknesses in order to strengthen. Emphasis on improving breath control/recovery, finding the core to drive movement and stabilization of shoulders and pelvis. The aim is to create greater symmetry in the body and maintain a calm mind in sport and life.
YOGA - FLOW	2-4	Intended to be the perfect place to begin and gain comfort and confidence with flow style yoga. While connecting breath to movement, we flow from pose to pose at a slower pace to build flexibility, strength & mindfulness, at times pausing to investigate poses & bring awareness to the specifics of alignment. This class will build strength, stamina and deepen balance.
YOGA - FLOW INTERMEDIATE (INT)	3-4	Intended for experienced yogis. This moderately paced flow class connects breath to movement, builds heat, increases flexibility and develops greater balance and stability through more advanced poses and creative sequencing to give those ready to experience more challenging poses the chance to expand their yoga practice.
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 - YIN	2-4	Yin yoga is an increasingly popular slow-paced, meditative style of yoga, practiced mainly on the mat with poses that are held passively for several minutes at a time. It focuses on the body’s connective tissues; ligaments, tendons, and fascia – with the aim of increasing circulation in the joints and improving flexibility. Suitable for all levels. Yoga mats are not provided.
YOGA & MEDITATION	2-4	A meditation component is added to your Yoga practice. Yoga was originally created to help prepare, train and condition the mind and body for longer periods of meditation. Whether you are just starting your meditative journey or you have a seasoned practice, this class will give you the opportunity to practice yoga and meditation in a group setting.
YOGA PILATES FUSION	2-3	Increase your stability, strength, and flexibility while improving your mind-body connection with the combination of Yoga and Pilates. Yoga/Pilates mats are not provided.
ZUMBA	2-4	A Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Great for all fitness levels.
ZUMBA - STRONG	3-5	STRONG by Zumba™ is a brand new fitness class brought to you by the creators of Zumba. STRONG is not a dance class but is a stand-alone new fitness class format. This class combines high intensity interval training with Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. Strong is a High Intensity, total body workout that uses your own body weight for a workout like no other.
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 March 12, 2018.**