

GROUP FITNESS DROP-IN SCHEDULE | ADULT & YOUTH | REVISED SEP 15, 2025

PROGRAMS ARE OPEN TO ALL PATRONS 12+ YEARS. FOR PROGRAM DESCRIPTIONS AND INTENSITY RATINGS, SEE BELOW

AM CLASSES						
SUN	MON	TUE	WED	THU	FRI	SAT
TOTAL BODY STRENGTH 9:30-10:30AM MPR4 Lynn	TOTAL BODY BLAST 9:15-10:15AM Gym Anita	TABATA +STRENGTH 9:15-10:15AM Gym Lynn	TOTAL BODY STRENGTH 9:15-10:15AM Gym Sandy	ESSENRICS GENTLE STRETCH & STRENGTH 9:15-10:15AM MPR4 Liz O	TOTAL BODY BLAST 9:15-10:15AM Gym Lynn / Anita	TOTAL BODY BLAST 9:15-10:15AM MPR4 Marcy
YOGA HATHA 9:30-10:30AM MPR2 Ken	ZUMBA 9:15-10:15AM MPR4 Edward	TOTAL BODY BLAST GOLD 9:15-10:15AM MPR4 Sandy	ZUMBA 9:15-10:15AM MPR4 Shasily	TABATA +STRENGTH 9:15-10:15AM Gym Zhauhara	RECOVERY STRETCH 10:30-11:30AM MPR4 Lynn / Anita	ZUMBA 10:30-11:30AM MPR4 Jean
ZUMBA 10:45-11:45AM MPR4 Kristel	ESSENRICS GENTLE STRETCH & STRENGTH 9:15-10:15AM MPR2 Candy	YOGA GENTLE 10:30-11:30AM MPR2 Amie	CARDIO BLAST + CORE 10:30-11:30am MPR4 Shasily *last class Dec 10	LIVING FIT 10:30-11:30AM MPR4 Zhauhara		
	WALKING FIT +STRENGTH 10:30-11:30AM Track Margareta		YOGA HATHA 10:30-11:30AM HATHA MPR2 Ken			
	YOGA HATHA 10:30-11:30AM MPR2 Elitsa		WALKING FIT +FLEXIBILITY 10:30-11:30AM Track Margareta (Lynn)			
PM CLASSES						
SUN	MON	TUE	WED	THU	FRI	SAT
	TOTAL BODY STRENGTH 6-6:50PM MPR4 Sandy	TOTAL BODY BLAST 6-6:50PM MPR4 Lynn	ZUMBA FAMILY FRIENDLY 6-7PM MPR4 Jean	TOTAL BODY STRENGTH 6-6:50PM MPR4 Anita		
	STEP 7-7:45PM MPR4 Sandy	ZUMBA 7-8PM MPR4 Lisette	YOGA YIN 7-8PM MPR2 Kyla	ZUMBA 7-8PM MPR4 Michele/Natasha	ZUMBA 6-7PM MPR4 Michele	
	YOGA HATHA 7-8PM MPR2 Rouba		TABATA +STRENGTH 7:15-8PM MPR4 Sarah			

*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



*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. Drop-in leader-led classes are included with Benefits Plus memberships or with a drop-in Benefits Plus admission.

ACTIVITY DESCRIPTIONS & INTENSITY RATING

ESSETRICS®	2	Gentle Stretch & Strength - A dynamic, full-body workout that simultaneously combines stretching and strengthening, while engaging all 650 muscles. Through standing and floor work, this class will increase your flexibility and mobility for a healthy, toned and pain-free body. Release, Rebalance & Restore - This class provides a dynamic, deep, full-body stretch that will work through all of your joints and release tight muscles. Effective for injury recovery and prevention, pain-relief, stress relief, and promoting healing.
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. This class is also suitable for beginners, anyone looking for a low impact workout, and/or recovering from an injury.
RECOVERY STRETCH	2-3	Give your body the TLC it deserves. Improve your performance and enhance your recovery through stretching and myofascial release techniques. Targeted stretching and release will help injury prevention, increase flexibility and improve posture. Move better, feel better.
STEP	3	Step up your cardio with this choreographed high energy class that uses a step platform to strengthen and shape the lower body, one step at a time. Suitable for all fitness levels. +Strength - includes a combination of classic Step moves and resistance training
TABATA + STRENGTH	4-5	Maximize your workout with this fusion interval and strength training and class. Expect to challenge yourself, utilizing Tabata style intervals to increase your heart rate, metabolism and strength.
TOTAL BODY BLAST	3-4	Ignite your metabolism with a fun, endurance-focused workout that will leave you feeling the burn. Combine cardio and resistance training exercises to increase your strength and stamina. Gold - Focusing on no/low impact exercises, this class is suitable for beginners, older adults, anyone looking for a low impact workout, and/or recovering from an injury.
TOTAL BODY STRENGTH	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!
WALKING FIT	2-3	Get fit with Walking Fit! Regular moderately-paced walking can increase brain function, elevate your mood, and improve overall health in so many ways. Move better, think better, and feel better. +Flexibility - includes mobility and flexibility training to reduce pain & stiffness and improve joint function +Strength - includes bodyweight and resistance training to improve strength, reduce injury, and build bone density.
YOGA	2-4	Hatha - 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. Yoga mats are not provided. Hatha Gentle - 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. Yin - Intended for everybody looking for a deep release. Yin yoga is a meditative style of yoga, practiced mainly on the mat, where deep stretches are held for long periods to challenge the mind to surrender and allow the body to open. It focuses on the body's connective tissues; ligaments, tendons, and fascia - with the aim of increasing circulation in the joints and improving flexibility. Yoga mats are not provided. *Please bring your own yoga mat and towel.
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. *For Family-Friendly classes, children must be 8 years or older to attend.

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

