

GROUP FITNESS DROP-IN SCHEDULE | ACTIVE OLDER ADULT | REVISED NOV 6, 2025

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

THESE CLASSES ARE SUITABLE FOR ALL FITNESS LEVELS, INCLUDING FOR OLDER ADULTS, BEGINNERS, THOSE LOOKING FOR A LOW IMPACT WORKOUT OR RECOVERING / RETURNING FROM AN INJURY

AM CLASSES						
SUN	MON	TUE	WED	THU	FRI	SAT
YOGA HATHA 9:30-10:30AM MPR2 Ken	ESSENTRICS RELEASE, REBALANCE & RESTORE 9:15-10:15AM MPR2 Candy	TOTAL BODY BLAST GOLD 9:15-10:15AM MPR4 Sandy	WALKING FIT +FLEXIBILITY 10:30-11:30AM Track Margareta (Lynn)	ESSENTRICS GENTLE STRETCH & STRENGTH 9:15-10:15AM MPR4 Liz O	RECOVERY STRETCH 10:30-11:30AM MPR4 Lynn/Anita	
	WALKING FIT +STRENGTH 10:30-11:30AM Track Margareta	YOGA HATHA GENTLE 10:30-11:30AM MPR2 Amie	YOGA HATHA 10:30-11:30AM HATHA MPR2 Ken	LIVING FIT 10:30-11:30AM MPR4 Zhauhara		
	YOGA HATHA 10:30-11:30AM MPR2 Elitsa					
PM CLASSES						
SUN	MON	TUE	WED	THU	FRI	SAT
	YOGA HATHA 7-8PM MPR2 Rouba		YOGA YIN 7-8PM MPR2 Kyla			

**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*

ACTIVITY DESCRIPTIONS & INTENSITY RATING

BARRE	3-4	Get strong, long and lean with this low-impact total body barre class that incorporates elements of ballet, yoga, pilates and strength training to sculpt your body.
ESSENTRICS®	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.



***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. **Revised August 19, 2024.**

TOTAL BODY BLAST GOLD	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.
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. <i>*Please bring your own yoga mat and towel.</i>
INTENSITY RATING SCALE: 1 = V.Light Intensity Exercise 2 = Light Intensity 3 = Moderate Intensity 4 = Vigorous Intensity 5 = Max Effort Intensity		

