

GROUP FITNESS DROP-IN SCHEDULE | ADULT & YOUTH

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

NO LEADER-LED PROGRAMS ON STATUTORY HOLIDAYS: DECEMBER 25, DECEMBER 26 & JANUARY 1

	SUN	MON	TUE	WED	THU	FRI	SAT
MIND/BODY							
BARRE		6-6:50PM MPR 6 ** Deborah		10-10:50AM MPR6** Catherine/Deborah	9:30-10:15AM MPR6 ** Stephanie		
ESSENTRICS®		11:45-12:45PM RELEASE, REBALANCE & RESTORE Energy Studio ** Tara	7-7:50pm RELEASE, REBALANCE & RESTORE MPR6 Dot	11-12PM GENTLE STRETCH & STRENGTH MPR 6** Catherine	7-7:50PM GENTLE STRETCH & STRENGTH MPR 6** Tara	11-11:50AM AGING BACKWARDS MPR 6** Tara	
QIGONG		1-2PM MPR6 Randy					
PILATES MAT					6-6:50PM MPR 6 ** Tara	10-10:50AM MPR 6** Tara	
RECOVERY STRETCH				11:40-12:10PM Energy Studio ** Donna	11:25-11:55AM MPR 6 ** Monique	11:40-12PM Energy Studio ** Rachel	
TAI CHI			9:15-10:15AM Energy Studio ** Peggy	1:30-2:30PM Energy Studio ** Peggy	10:15-11:15AM Flexi Hall Peggy		
YOGA	9:15-10:15AM FLOW Energy Studio ** Michelle	1-2PM HATHA GENTLE Energy Studio ** Elise U	11:45-12:45PM HATHA Energy Studio ** Monique	12:15-1:15PM HATHA GENTLE Energy Studio ** Donna	11:45-12:45PM HATHA Energy Studio ** Deanne	12:05-1:05PM YIN Energy Studio ** Rachel	9:15-10AM HAPPY HIPS MPR6 Rebecca H
	11:45-12:45PM GENTLE Energy Studio ** Michelle	7-7:50PM HAPPY HIPS MPR6 ** Monique	8-8:50PM YIN MPR 6** Melissa	7-7:50PM FLOW Power Studio** Monique			
STRENGTH & CONDITIONING							
CIRCUIT GOLD		10:30-11:30AM Fitness Centre Stacy				10:30-11:30AM Fitness Centre Tammy	
HEALTHY AT HEART			11:30-12:45PM Flexi Hall Carla		11:30-12:45PM Flexi Hall Dot/Lynn		
LIVE ACTIVE MIXER		12-12:45PM MPR 6 Various Instructors <i>*see schedule below</i>					
LIVING FIT		10:30-11:30AM Energy Studio ** Elaine		10:30-11:30AM Energy Studio ** Elaine			



TERWILLEGAR COMMUNITY RECREATION CENTRE



Edmonton

LIVING STRONG					9:15-10:15AM Energy Studio ** Kelly		
TOTAL BODY STRENGTH GOLD						9-9:45AM MPR6** Elise U	
WALKING FIT			10:30-11:30AM Fitness Centre Carla		10:30-11:30AM Fitness Centre Ellen		
	SUN	MON	TUE	WED	THU	FRI	SAT
DANCE FITNESS							
ZUMBA™			10:30-11:30AM GOLD Energy Studio Catherine		1-2PM GOLD Energy Studio Sheila		

**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*

**Virtual programs are available. View the schedule and register for classes on [MoveLearnPlay.edmonton.ca](https://movelearnplay.edmonton.ca)*

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. You'll get a solid leg shaking, arm blasting, everything-is-burning-and-I-want-to-cry workout.
ESSENTRICS®	2-3	Aging Backwards - Designed to help you regain mobility, eliminate pain, and gently strengthen the full-body, this class has a slower pace and can be done fully standing, with a chair/barre, or with the option of floor work. 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.
QIGONG	2	Qigong is an ancient Chinese approach to health that uses a variety of gentle exercises to relax and strengthen the body, control the breath and focus the mind. The most well known set of exercises are the Eight Pieces of Brocade, which will be taught along with breathing exercises and some other Qigong variations.
HEALTHY AT HEART	2-3	Improve your heart health with a combination of low intensity exercises and physical activity for those who prefer low to moderate fitness activities. Enjoy a leader-lead fitness class followed by a group sport (eg. volleyball, badminton, pickleball) .
LIVE ACTIVE MIXER	1-5	Looking for variety? Each week this class features a different instructor and format, to bring some spontaneity into your day. Enjoy one of the many classes that the City of Edmonton offers.
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.
LIVING STRONG	3-4	Age well and live STRONG! With a focus on facing life's biggest challenges, this class is designed specifically for active older adults to maintain and increase strength, power, balance and coordination. Living Strong will keep you moving throughout your daily activities and give you a little extra push to help prepare you for life's unexpected challenges.
PILATES MAT	3	Discover strength, support, flexibility and balance. Classic Pilates exercises done on the mat while using a variety of props, with emphasis on core strength. This class may also work the fascia system through a series of movement and stretching exercises.
TAI CHI	2	Learn traditional Yang-style Tai Chi. The slow and graceful movements, combined with focused attention effectively exercise the mind and body. Tai Chi is a meditation in motion that is suitable for everyone.
TOTAL BODY STRENGTH GOLD	2-4	Strength training can reduce the effects of many chronic conditions that can occur as we age. It can help reduce pain and stiffness, increase strength and flexibility, build bone density and reduce risks for falls. More lean muscle also means more calorie burn at rest! Class is designed with functional fitness for the older adult to maintain strength, balance, coordination and muscular endurance. No-cardio required to work hard in this class.
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. Who doesn't want to move better, think better, and feel better? In good weather class may go outside.

*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 Feb 22, 2024.



YOGA	2-4	<p>Happy Hips - Intended for everybody looking to increase their hip health. This class will focus on increasing flexibility, strength and stability of the hip joint, helping your hips feel happy and healthy.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p><i>*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.</i></p>
ZUMBA™ GOLD	2-3	Featuring Latin rhythms, Zumba™ Gold modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.
INTENSITY RATING SCALE: 1 = V.Light Intensity Exercise 2 = Light Intensity 3 = Moderate Intensity 4 = Vigorous Intensity 5 = Max Effort Intensity		

LIVE ACTIVE MIXER | DROP-IN GROUP FITNESS SCHEDULE

PROGRAMS ARE OPEN TO ALL PATRONS 12+ YEARS.

MONDAYS 12-12:45PM Location: MPR6		
Jan 8	Total Body Blast	Stephanie
Jan 15	Qiqong	Wing
Jan 22	Step + Strength	Anton
Jan 29	Total Body Strength	Kathleen
Feb 5	Pilates	Anna
Feb 12	Total Body Blast	Stephanie
Feb 19	STAT - NO CLASS	
Feb 26	Barre	Stephanie
Mar 4	Zumba	Sheila
Mar 11	Tabata + Strength	Stephanie
Mar 18	Yoga Flow	Melissa
Mar 25	Total Body Strength	Stacy

