

Drop-In FITNESS CLASSES

Due to Limited Space,

We are happy to bring back many of our popular drop-in classes this Fall! While these will be the same great classes and instructors, some classes have limited space or will be in a new location so we can provide you the safest experience possible. Participants must pre-register for drop-in classes, which will be available one week in advance by emailing fitness@trileisure.com or calling 780-948-3224. Be sure to check-in at the front desk when you arrive to receive your daily wristband, which is required to access the class.

Don't forget to please save your visit for another day if you have any of the following symptoms: fever, cough, runny nose, difficulty breathing, or if you are feeling under the weather for any reason! Let's work together to keep our community healthy and active this fall!

Afternoon Step

A 60-minute cardio class that strengthens and shapes the whole body one step at a time. Energetic music and choreography create an enjoyable class for all fitness levels.

DAYS	START DATE – END DATE	TIME
Tu/Th	Sep 15–Dec 17	1:15-2:15 PM

Benefit thru Resistance

A resistance training and cardio program that is designed to help older adults develop balance, muscle strength, heart health, core stability and aids in the prevention of osteoporosis.

DAYS	START DATE – END DATE	TIME
M/W/F	Sep 14-Dec 18	11:00 AM-12:00 PM*

*No class Oct 12, Nov 11.

Chisel & Stretch

A strength class focusing on total body toning using a combination of stability balls, tubing, free weights, body resistance and flexibility training. An hour and a half spent, not a minute wasted.

DAYS	START DATE – END DATE	TIME
Tu/Th	Sep 15-Dec 17	8:30-10:00 AM

Drop-in Spin

This 30-minute multilevel class is designed to take you through the hills and drills that will improve cardiovascular strength and muscular endurance.

DAYS	START DATE – END DATE	TIME
W	Sep 16–Dec 16	6:00-6:30 PM*

*No class Nov 11.

Everything Fitness

This class has it ALL! Each week is different fitness style- POUND, Step & Strength, Bosu Ball, Tabata, and more. Come start your weekend off right with something new each week. Check the drop-in schedule online to see what is going on each weekend!

DAYS	START DATE – END DATE	TIME
Sa	Sep 19–Dec 19	10:30-11:30 AM*

*No class Oct 10.

Maximum Training

An energizing class combining aerobic, anaerobic, strength and power exercises. Every class features a unique circuit-style workout that you can complete at your own pace. Come enjoy the fun!

DAYS	START DATE – END DATE	TIME
Tu/Th	Sep 15-Dec 17	5:30-6:15 PM

Morning HIIT

Be ready to attack your day with an energizing class that will get you up and moving! High intensity interval training (H.I.I.T.) is a type of training where you alternate short, very high intensity intervals with longer, slower intervals to recover. HIIT training not only helps you perform better athletically and in your daily life, it also improves the ability of the muscles to burn fat. This is a flexible class format so if you need to leave early to get to your busy day, no problem!

DAYS	START DATE – END DATE	TIME
Th	Sep 17-Dec 17	6:00–7:00 AM

Morning Spin

This all-levels spin class will start your day by taking you through the hills and drills that will improve cardiovascular strength and muscular endurance. This is a flexible class format so if you need to leave early to get to your busy day, no problem!

DAYS	START DATE – END DATE	TIME
Tu	Sep 15-Dec 15	6:00–7:00 AM

Step & Strength

A 60-minute cardio class that strengthens and shapes the lower body one step at a time. Energetic music and choreography create an enjoyable class for all fitness levels.

DAYS	START DATE – END DATE	TIME
M	Sep 14-Dec 14	9:00–10:00 AM*
F	Sep 18-Dec 18	9:00–10:00 AM

*No class Oct 12.

Zumba™

This popular fitness class incorporates several dance styles including cumbia, merengue, salsa, reggaeton, mambo, rumba, flamenco, and calypso. The catchy Latin music includes fast and slow rhythms allowing for a great cardio workout and fabulous body sculpting.

DAYS	START DATE – END DATE	TIME
M	Sep 14–Dec 14	5:30–6:15 PM*

*No class Oct 12.

This symbol indicates that it is recommended that you bring a yoga mat, hand sanitizer and a filled water bottle to this class.

Drop-In AQUATIC PROGRAMS

Deep Water High-Intensity AquaFit

This class is a different type of workout in the water where the body is totally suspended, allowing for no impact and a greater range of motion. Come experience an invigorating class that will get your heart pumping and muscles working with a greater variety of movements.

DAYS	START DATE – END DATE	TIME
M/W/F	Aug 31-Dec 18	9:15-10:00 AM

Shallow Water High-Intensity AquaFit

Get yourself running, hopping, skipping and jumping through the water. A high-intensity workout will get your heart pumping, muscles working against the resistance of the water and leave you feeling invigorated and ready for anything.

DAYS	START DATE – END DATE	TIME
M/W/F	Aug 31-Dec 18	10:15-11:00 AM

Participants must pre-register for these drop-in classes, which will be available one week in advance by emailing swim@trileisure.com or calling 780-960-5080. Be sure to check-in at the front desk when you arrive to receive your daily wristband, which is required to access the class.

High-Intensity AquaFit

Expect an invigorating class in the water utilizing a variety of movements to get your heart rate up and your muscles working hard against the resistance of the water.

DAYS	START DATE – END DATE	TIME
M/W	Aug 31-Dec 16	7:05-7:50 PM

Deep Water Gentle AquaFit

Using music that is easy on the ears and movements that are gentle on the joints, you will leave this class feeling happy and rejuvenated.

DAYS	START DATE – END DATE	TIME
Tu/Th	Sep 1-Dec 17	9:15-10:00 AM

Shallow Water Gentle AquaFit

Using music that is easy on the ears and movements that are gentle on the joints, you will leave this class feeling happy and rejuvenated.

DAYS	START DATE – END DATE	TIME
Tu/Th	Sep 1-Dec 17	10:15-11:00 AM

Drop-In ACTIVITIES*

***Please check our website for updates as we work to bring back these activities to you safely!**

trileisure.com/get-triactive/drop
to view these updates!

FALL 2020

Tri Active Drop-In Programs at a glance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		MORNING SPIN 6:00-7:00 AM STUDIO		MORNING H.I.I.T. 6:00-7:00 AM STUDIO		
	STEP & STRENGTH 9:00-10:00 AM SW FIELD	CHISEL & STRETCH 8:30-10:00 AM SW FIELD		CHISEL & STRETCH 8:30-10:00 AM SW FIELD	STEP & STRENGTH 9:00-10:00 AM SW FIELD	
	DEEP WATER HIGH-INTENSITY 9:15-10:00 AM MAIN POOL	DEEP WATER GENTLE 9:15-10:00 AM MAIN POOL	DEEP WATER HIGH-INTENSITY 9:15-10:00 AM MAIN POOL	DEEP WATER GENTLE 9:15-10:00 AM MAIN POOL	DEEP WATER HIGH-INTENSITY 9:15-10:00 AM MAIN POOL	
	SHALLOW WATER HIGH-INTENSITY 10:15-11:00 AM MAIN POOL	SHALLOW WATER GENTLE 10:15-11:00 AM MAIN POOL	SHALLOW WATER HIGH-INTENSITY 10:15-11:00 AM MAIN POOL	SHALLOW WATER GENTLE 10:15-11:00 AM MAIN POOL	SHALLOW WATER HIGH-INTENSITY 10:15-11:00 AM MAIN POOL	
Afternoon						EVERYTHING FITNESS 10:30-11:30 AM STUDIO
	BENEFIT THRU RESISTANCE 11:00 AM-12:00 PM SW FIELD		BENEFIT THRU RESISTANCE 11:00 AM-12:00 PM SW FIELD		BENEFIT THRU RESISTANCE 11:00 AM-12:00 PM SW FIELD	
		AFTERNOON STEP 1:15 PM-2:15 PM STUDIO		AFTERNOON STEP 1:15 PM-2:15 PM STUDIO		
Evening	ZUMBA 5:30-6:15 PM STUDIO	MAXIMUM TRAINING 5:30-6:15 PM STUDIO	DROP-IN SPIN 6:00-6:30 PM STUDIO	MAXIMUM TRAINING 5:30-6:15 PM STUDIO		
	HIGH-INTENSITY 7:05-7:50 PM MAIN POOL		HIGH-INTENSITY 7:05-7:50 PM MAIN POOL			

Pre-book your spot!

DRYLAND FITNESS

Call 780-948-3224

Email fitness@trileisure.com

AQUATIC FITNESS

Call 780-960-5080

Email swim@trileisure.com

Come in to the FRONT desk!

Dryland Fitness
Classes Sep 14 – Dec 19

Aquatic Fitness
Classes Sep 9 – Dec 18

- Participants must be 12 years of age to join drop-in fitness classes.
- Drop-in wristbands are required for all drop-in fitness classes (available at the Customer Experience Desk); limited capacities in classes, pre-book as above to secure your spot!