

# Fitness & Recreation Schedule

Fall: September 2 to January 4, 2024

Start dates vary for all programs. Please check program listing inside program guide or Online for actual program start date.

» Drop-in  Flex Registration - Registration required, not drop in



| Child/Youth                            | All Ages  | Adults  | Adults/Older Adults   |   |   |   |
|--|---|---|---|---|---|---|
| Sunday                                 | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  |
|  |   | » HIRT Bootcamp<br>6:15 to 7 a.m.<br>(MLC 2)  | » Step & Strength<br>9 to 10 a.m.<br>(MLC 2)                            | » HIRT Bootcamp<br>6:15 to 7 a.m.<br>(MLC 2)  |   |   |
|  | » Strong to the CORE<br>9 to 10 a.m.<br>(MLC 2) |   | » Pickleball<br>9 a.m. to 4 p.m.<br>(MLC 3)                             | » Silver Circuit<br>9 to 10 a.m.<br>(MLC 2)   | » Lift<br>9 to 10 a.m.<br>(MLC 2)                             |   |
|  | » Pickleball<br>9 a.m. to 12 p.m.<br>(MLC 3)    | » Silver Shoes<br>9 to 10 a.m.<br>(MLC 2)   | » Chair Yoga<br>10:15 to 11:15 a.m.<br>(MLC RM 2)                       | <input checked="" type="checkbox"/> Learn to Play Pickleball<br>10:30 to 11:30 a.m.<br>(MLC 3)      | » Chair Yoga<br>10:15 to 11:15 a.m.<br>(MLC RM 2)             | » Pickleball<br>8 to 11 a.m.<br>(MLC 3)   |
|  |   | » Sit & Fit<br>10:15 to 10:45 a.m.<br>(MLC 2)   |   | » Sit & Fit<br>10:15 to 10:45 a.m.<br>(MLC 2)   | » Pickleball<br>12 to 4 p.m.<br>(MLC 3)                       | » Any BODY Bootcamp<br>9 to 10 a.m.<br>(MLC 2)  |
|  | » Lunch Hour HITT<br>12:15 to 1 p.m.<br>(MLC 2) | <input checked="" type="checkbox"/> Home School Physical Education<br>11 a.m. to 12 p.m.<br>(MLC 2) | » Lunch Hour Tabata<br>12:15 to 12:45 p.m.<br>(MLC 2)                   | <input checked="" type="checkbox"/> Home School Physical Education<br>11 a.m. to 12 p.m.<br>(MLC 2) | » Lunch Hour Cardio Circuit<br>12:15 to 12:45 p.m.<br>(MLC 2) | <input checked="" type="checkbox"/> Kids Movement ABC's<br>10:30 to 11:15 a.m.<br>(MLC 2) |
| » Pickleball<br>5 to 7 p.m.<br>(MLC 3) | » Forever Fit<br>5:15 to 6 p.m.<br>(MLC 2)      |   |   | <input checked="" type="checkbox"/> Kids TnT.<br>5 to 5:45 p.m.<br>(MLC 2)                          |   |   |
|  |   |   |   | » Badminton<br>5 to 8 p.m.<br>(MLC 3)   |   |   |
| » Volleyball<br>6 to 8 p.m.<br>(MLC 2) | » Lift<br>6:15 to 7:15 p.m.<br>(MLC 2)          | » Pickleball<br>4 to 7 p.m.<br>(MLC 3)  | » Cardio Circuit<br>6 to 6:45 p.m.<br>(MLC 2)                           | » Flex & Flow<br>6 to 6:45 p.m.<br>(MLC 2)  |   |   |
|  |   | » sTEEL ABS<br>6 to 6:45 p.m.<br>(MLC RM 2)   | <input checked="" type="checkbox"/> Hatha Yoga<br>7 to 8 p.m.<br>(MCCC) |   | » Pembina Youth Activate<br>4 to 9 p.m.                       | » Youth Volleyball<br>6 to 8 p.m.<br>(MLC 2)  |
|  |   | » Zumba<br>7:15 to 8:15 p.m.<br>(MLC 3)   | » Volleyball<br>7:30 to 9:30pm<br>(MLC 2)                               | <input checked="" type="checkbox"/> Barre<br>7 to 8 p.m.<br>(MLC RM 2)                              |   |   |

Fitness & recreation schedule is subject to change. Please call 780-939-3450 for the most up-to-date schedule information.  
Updated November 1, 2024