

# Fitness & Recreation Schedule

Winter: January 5 to March 29, 2025

» Drop-in  Flex Registration



| Child/Youth | All Ages | Adults | Adults/Older Adults |
|-------------|----------|--------|---------------------|
|-------------|----------|--------|---------------------|

**Drop-in Recreational Sports**

APHR: Atlas Premium Homes Room  
Formerly known as MLC RM 2

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  |
|---|---|---|---|---|--|---|
|   |   | » HIRT Bootcamp<br>6:15 to 7 a.m.<br>(MLC 2)  |   | » HIRT Bootcamp<br>6:15 to 7 a.m.<br>(MLC 2)  |  | <input checked="" type="checkbox"/> Early Bird Bootcamp<br>6:15 to 7 a.m.<br>(MLC 2)      |
|   | » Strong to the CORE<br>9 to 10 a.m.<br>(MLC 2)       | » Silver Shoes<br>9 to 10 a.m.<br>(MLC 2)   | » Step & Strength<br>9 to 10 a.m.<br>(MLC 2)  | » Silver Circuit<br>9 to 10 a.m.<br>(MLC 2)   | » Lift<br>9 to 10 a.m.<br>(MLC 2)                                  | <input checked="" type="checkbox"/> Morning Yoga Flow<br>7:30 to 8:30 a.m.<br>(APHR)      |
|   | » All ages Pickleball<br>9 a.m. to 12 p.m.<br>(MLC 3) | » All ages Pickleball<br>9 a.m. to 12 p.m.<br>(MLC 3)   | » All ages Pickleball<br>9 a.m. to 4 p.m.<br>(MLC 3)  | Learn to Play Pickleball<br>10:30 to 11:30 a.m.<br>(MLC 3)  | » All ages Pickleball<br>12 to 4 p.m.<br>(MLC 3)                   | » All ages Pickleball<br>8 to 11 a.m.<br>(MLC 3)  |
|   | » Morning HIIT<br>10:15 to 11 a.m.<br>(MLC 2)         | » Sit & Fit<br>10:15 to 10:45 a.m.<br>(MLC 2)   | » Chair Yoga<br>10:15 to 11:15 a.m.<br>(APHR)   | » Sit & Fit<br>10:15 to 10:45 a.m.<br>(MLC 2)   | » Chair Yoga<br>10:15 to 11:15 a.m.<br>(APHR)                      | » Any BODY Bootcamp<br>9 to 10 a.m.<br>(MLC 2)  |
|   |   | <input checked="" type="checkbox"/> Beginner Yoga Flow<br>11 a.m. to 12 p.m.<br>(APHR)              |   |   |  | <input checked="" type="checkbox"/> Kids Movement ABC's<br>10:30 to 11:15 a.m.<br>(MLC 2) |
|   |   | <input checked="" type="checkbox"/> Home School Physical Education<br>11 a.m. to 12 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"/> Child Fitness FUN!<br>11:30 to 12 p.m.<br>(MLC 2)     |
| » All ages 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"/> Chair Yoga Fusion<br>12:15 to 1 p.m.<br>(APHR)                  | » Lunch Hour Tabata<br>12:15 to 12:45 p.m.<br>(MLC 2)                                       |   |  |   |
|   |   | <input checked="" type="checkbox"/> Youth Fitness Adventure<br>5 to 5:45 p.m.<br>(MLC 2)            | <input checked="" type="checkbox"/> Child/Youth Cross Training<br>5 to 5:45 p.m.<br>(MLC 2) | <input checked="" type="checkbox"/> Kids TnT.<br>5 to 5:45 p.m.<br>(MLC 2)                          |  |   |
|   | » Lift<br>6:15 to 7:15 p.m.<br>(MLC 2)                | » All ages Pickleball<br>4 to 7 p.m.<br>(MLC 3)   | » STEEL ABS<br>6 to 6:45 p.m.<br>(APHR)   | » Cardio Circuit<br>6 to 6:45 p.m.<br>(MLC 2)   | » All ages Badminton<br>5 to 8 p.m.<br>(MLC 3)                     | » Flex & Flow<br>6 to 7 p.m.<br>(APHR)  |
|   |   | » FREE Pembina Youth Activate<br>6 to 9 p.m.  |   |   |  | » Youth Volleyball<br>6 to 8 p.m.<br>(MLC 2)  |
| » All ages Volleyball<br>6 to 8 p.m.<br>(MLC 2) |   | » Zumba<br>7:15 to 8:15 p.m.<br>(MLC 3)   | <input checked="" type="checkbox"/> Hatha Yoga<br>7 to 8 p.m.<br>(MCCC)                     | » All ages Volleyball<br>7:30 to 9:30 p.m.<br>(MLC 2)   | <input checked="" type="checkbox"/> Barre<br>7 to 8 p.m.<br>(APHR) |   |

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