

# Fitness & Recreation Schedule

Winter: January 5 to March 29, 2025

» Drop-in  Flex Registration



Child/Youth	All Ages	Adults	Adults/Older Adults
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**Drop-in Recreational Sports**

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

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

Fitness & recreation schedule is subject to change. Please call 780-939-3450 for the most up-to-date schedule information.  
Updated January 21