

## Friday, March 1, 2024

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### Drop-In Student Tech Support

Date and Time: Friday, March 1 12:00 pm - 1:00 pm

Address: Keyano Library Computer Lab

**What:** Receive quick, drop-in peer support for help with Moodle, Microsoft 365, computer basics, and more!

**Where:** Library Computer Lab (CC166)

**When:** Monday to Friday, 12:00 p.m. to 1:00 p.m.

**Who:** Support is available for Keyano College Students only

**What to bring:** Your personal laptop/tablet (if applicable) and Keyano ID

**For more information, contact:** [studenttechsupport@keyano.ca](mailto:studenttechsupport@keyano.ca)

## Monday, March 4, 2024

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### Move With Me Workshop

Date and Time: Monday, March 4 10:30 am - 11:30 am

Address: 9908 Penhorwood street

Introducing our new physical literacy program, Move With Me!

This program encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation. These are 1-hour sessions with three 20-minute portions:

Part 1: Warm up with parents and kids; physical literacy games for kids.

Part 2: Resistance training/circuit workout for parents and kids.

Part 3: Free-play with our foamies, balls, etc.

We are also offering a \$15 drop-in per session.

## Drop-In Student Tech Support

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## Yoga Fix W/ Andrea

Date and Time: Monday, March 4 12:10 pm - 12:50 pm

Address: 9908 Penhorwood street

Join us Mondays at noon to de-stress. We start with a flow of dynamic standing poses and finish with restorative poses, to let go tension. The perfect way to start the week!

All levels are welcome.

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)

## Zumba W/ Karin

Date and Time: Monday, March 4 6:30 pm - 7:30 pm

Address: 9908 Penhorwood street

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms - and resistance training. You truly need to try this out - the best part is it doesn't even feel like a workout and is guaranteed to be fun!

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)

## Tuesday, March 5, 2024

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### Career Services Workshop - Networking & Communication

Date and Time: Tuesday, March 5 12:00 pm - 1:00 pm

Address: Keyano College 8115 Franklin Avenue

This pre-employment workshop instructs students on how to prepare for networking events. Being able to communicate effectively in large group settings increases employment opportunities. The Networking & Communication Workshop is designed to assist students with developing appropriate communication skills to succeed in networking situations.

[Register for Workshops](#)

### Finding and Using OER Workshop

Date and Time: Tuesday, March 5 12:00 pm - 12:50 pm

Address: CC283

Whether you're new to Open Educational Resources (OER) or looking to expand your use of open resources, join us for this lunchtime workshop and discover how to locate and evaluate high-quality, free-to-use resources for your classes.

### Drop-In Student Tech Support

Date and Time: Tuesday, March 5 12:00 pm - 1:00 pm

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**When:** Monday to Friday, 12:00 p.m. to 1:00 p.m.

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**What to bring:** Your personal laptop/tablet (if applicable) and Keyano ID

**For more information, contact:** [studenttechsupport@keyano.ca](mailto:studenttechsupport@keyano.ca)

## Rhythm Ride 40 with Priscilla

Date and Time: Tuesday, March 5 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

This 40 min spin class is a great way to get in an effective workout, and is great for all ability levels.

This cycle class follows the rhythms and the energy of music from every genre. With a touch of dumbbell arm work.

The instructor guides participants through a warm up, workout phase which includes some weights to tone those arms, ending with a cool down and stretch. You control the resistance on your bike to make the pedaling as easy or difficult as you choose. Varied routines & music keeps things fresh.

Bring your sturdy pair of runners, towel and water and you're all set.

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)

## Full Body Burn W/ Taylor

Date and Time: Tuesday, March 5 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

This circuit-style class will work your muscles from head to toe! We'll start with an active warm-up, then move into a set of circuits to work your entire body. Class will finish with a cool-down stretch.

All fitness levels welcome!

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)

## Wednesday, March 6, 2024

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### Open Education Talks

Date and Time: Wednesday, March 6 12:00 pm - 1:30 pm

Address: CC283

Bring your lunch and join fellow faculty members as we stream Open Education Talks on the big screen. This series of five 15-minute lightning talks focuses on facets of open education in STEM, including open pedagogy and learning, utilizing open educational resources, and integrating open strategies and technologies in higher education. Take this opportunity to learn more about OER while enjoying your lunch break with colleagues.

## Drop-In Student Tech Support

Date and Time: Wednesday, March 6 12:00 pm - 1:00 pm

Address: Keyano Library Computer Lab

**What:** Receive quick, drop-in peer support for help with Moodle, Microsoft 365, computer basics, and more!

**Where:** Library Computer Lab (CC166)

**When:** Monday to Friday, 12:00 p.m. to 1:00 p.m.

**Who:** Support is available for Keyano College Students only

**What to bring:** Your personal laptop/tablet (if applicable) and Keyano ID

**For more information, contact:** [studenttechsupport@keyano.ca](mailto:studenttechsupport@keyano.ca)

## High-Low Fit with Rachel

Date and Time: Wednesday, March 6 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

HIGH Fitness is breaking the mold, and taking a bold, unique approach to group fitness – it's not fitness, it's HIGH Fitness. HIGH took Old School Aerobics and transformed it into a modern, heart pounding, fun, and effective workout. Cardio and toning meet leg warmers with a side of air guitar.

High-Low is a lower impact workout for all fitness levels

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

**Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)**

## Move With Me

Date and Time: Wednesday, March 6 3:30 pm - 4:30 pm

Address: 908 Penhorwood St

Introducing our new physical literacy program, Move With Me!

This program encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation. These are 1-hour sessions with three 20-minute portions:

Part 1: Warm up with parents and kids; physical literacy games for kids.

Part 2: Resistance training/circuit workout for parents and kids.

Part 3: Free-play with our foamies, balls, etc.

We are also offering a \$15 drop-in per session.

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1833?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1833?onlineSiteId=0&from_original_cui=true)

## Thursday, March 7, 2024

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### Toddler Time

Date and Time: Thursday, March 7 8:30 am - 3:30 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

### OER Café: Coffee & Conversations

Date and Time: Thursday, March 7 12:00 pm - 3:00 pm

Address: CC-213

Drop in anytime between 12 – 3 to grab a coffee or a treat and engage in discussions about Open Educational Resources (OER). Whether you're curious about OER basics, seeking advice on integrating OER into your courses, or simply want to connect with colleagues interested in open education, this informal gathering is the perfect opportunity to share ideas and learn from others in a relaxed setting.

## Drop-In Student Tech Support

Date and Time: Thursday, March 7 12:00 pm - 1:00 pm

Address: Keyano Library Computer Lab

**What:** Receive quick, drop-in peer support for help with Moodle, Microsoft 365, computer basics, and more!

**Where:** Library Computer Lab (CC166)

**When:** Monday to Friday, 12:00 p.m. to 1:00 p.m.

**Who:** Support is available for Keyano College Students only

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**For more information, contact:** [studenttechsupport@keyano.ca](mailto:studenttechsupport@keyano.ca)

## Write and Cite

Date and Time: Thursday, March 7 12:00 pm - 1:00 pm

Address: Keyano Library Computer Lab

Learn how to correctly introduce and incorporate sources in to your essays, presentations, reflection papers, and /or business reports. Open to all Keyano Students. Free. Registration required.

## Core Power 40 with Priscilla

Date and Time: Thursday, March 7 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

This class is a focus on building core strength (abdominals & back muscles) and improving muscle tone and endurance. We will use a variety of portable equipment and focus on form and function, finishing off with some total body combination exercises.

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

**Register online -** [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)

## Full Body Burn W/Taylor

Date and Time: Thursday, March 7 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

This circuit-style class will work your muscles from head to toe! We'll start with an active warm-up, then move into a set of circuits to work your entire body. Class will finish with a cool-down stretch.

All fitness levels welcome!

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)

## **Yin Yoga with Nexcy**

Date and Time: Thursday, March 7 7:30 pm - 8:30 pm

Address: 908 Penhorwood St

This is easy yoga flow, discover the combination of physical and mental exercises, moving slowly through each pose, remembering to breath as you move.

The idea is to hold each pose for a few, slow breaths before moving to the next one

Be mindful, focus on relaxing the muscles, beginning with stretching poses, a lot of twist, suns salutations and ending with relaxation again

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

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## **Friday, March 8, 2024**

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### **Toddler Time**

Date and Time: Friday, March 8 8:30 am - 4:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)



## Drop-In Student Tech Support

Date and Time: Friday, March 8 12:00 pm - 1:00 pm

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## High-Low Fit with Rachel

Date and Time: Friday, March 8 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

HIGH Fitness is breaking the mold, and taking a bold, unique approach to group fitness – it's not fitness, it's HIGH Fitness. HIGH took Old School Aerobics and transformed it into a modern, heart pounding, fun, and effective workout. Cardio and toning meet leg warmers with a side of air guitar.

High-Low is a lower impact workout for all fitness levels

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

**Register online -** [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)

## Saturday, March 9, 2024

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### Active Yoga Flow with Andrea

Date and Time: Saturday, March 9 10:00 am - 11:00 am

Address: 9908 Penhorwood St

This class is designed to keep body and breath active throughout the practice. Class starts with a warm-up.

Once the body is ready, we will flow from one pose to the other. Enjoy a full-relaxation at the end to get you ready for your weekend!

All levels are welcome.

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

**Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)**

## **Zumba Mix with Karin**

Date and Time: Saturday, March 9 11:30 am - 12:30 pm

Address: 9908 Penhorwood St

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms - and resistance training. You truly need to try this out - the best part is it doesn't even feel like a workout and is guaranteed to be fun!

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

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## **Sunday, March 10, 2024**

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### **Teen Weight Trainer Course**

Date and Time: Sunday, March 10 12:00 pm - 2:00 pm

Address: 9908 Penhorwood street

**Our Teen Weight Trainers course is a prerequisite for ages 13-15 to utilize our fitness centre.** This course covers everything you need to know to help you start your health & wellness journey!

- 1) Learn how to train safely & effectively
- 2) Importance of warming up & benefits of a cool-down
- 3) Introduction to various pieces of gym equipment
- 4) Better understanding of movement mechanics
- 5) Education on body composition, muscular endurance, muscular strength, flexibility & cardiovascular endurance

Register online - <https://www.keyano.ca/en/athletics-and-fitness/esports-camps.aspx>

## Monday, March 11, 2024

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### Move With Me Workshop

Date and Time: Monday, March 11 10:30 am - 11:30 am

Address: 9908 Penhorwood street

Introducing our new physical literacy program, Move With Me!

This program encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation. These are 1-hour sessions with three 20-minute portions:

Part 1: Warm up with parents and kids; physical literacy games for kids.

Part 2: Resistance training/circuit workout for parents and kids.

Part 3: Free-play with our foamies, balls, etc.

We are also offering a \$15 drop-in per session.

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1832?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1832?onlineSiteId=0&from_original_cui=true)

### Drop-In Student Tech Support

Date and Time: Monday, March 11 12:00 pm - 1:00 pm

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## Toddler Time

Date and Time: Monday, March 11 12:00 pm - 4:00 pm

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Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

## Yoga Fix W/ Andrea

Date and Time: Monday, March 11 12:10 pm - 12:50 pm

Address: 9908 Penhorwood street

Join us Mondays at noon to de-stress. We start with a flow of dynamic standing poses and finish with restorative poses, to let go tension. The perfect way to start the week!

All levels are welcome.

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## Zumba W/ Karin

Date and Time: Monday, March 11 6:30 pm - 7:30 pm

Address: 9908 Penhorwood street

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms - and resistance training. You truly need to try this out - the best part is it doesn't even feel like a workout and is guaranteed to be fun!

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## Tuesday, March 12, 2024

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## Career Services Workshop - Financial Literacy

Date and Time: Tuesday, March 12 12:00 pm - 1:00 pm

Address: Keyano College 8115 Franklin Avenue

This pre-employment workshop instructs students on how to understand and effectively use various financial skills, including personal financial management, budgeting, and investing. Students will learn the skills and knowledge to make informed decisions about managing their money and their debt.

[Register for Workshops](#)

## Drop-In Student Tech Support

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## Rhythm Ride 40 with Priscilla

Date and Time: Tuesday, March 12 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

This 40 min spin class is a great way to get in an effective workout, and is great for all ability levels.

This cycle class follows the rhythms and the energy of music from every genre. With a touch of dumbbell arm work.

The instructor guides participants through a warm up, workout phase which includes some weights to tone those arms, ending with a cool down and stretch. You control the resistance on your bike to make the pedaling as easy or difficult as you choose. Varied routines & music keeps things fresh.

Bring your sturdy pair of runners, towel and water and you're all set.

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## **Full Body Burn W/ Taylor**

Date and Time: Tuesday, March 12 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

This circuit-style class will work your muscles from head to toe! We'll start with an active warm-up, then move into a set of circuits to work your entire body. Class will finish with a cool-down stretch.

All fitness levels welcome!

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

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## **Student Awards Celebration**

Date and Time: Tuesday, March 12 7:20 pm

Address: Keyano College 8115 Franklin Avenue

Event details will be TBA.

## **Wednesday, March 13, 2024**

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### **Toddler Time**

Date and Time: Wednesday, March 13 8:30 am - 2:30 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

## Drop-In Student Tech Support

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## High-Low Fit with Rachel

Date and Time: Wednesday, March 13 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

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## Move With Me

Date and Time: Wednesday, March 13 3:30 pm - 4:30 pm

Address: 908 Penhorwood St

Introducing our new physical literacy program, Move With Me!

This program encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation. These are 1-hour sessions with three 20-minute portions:

Part 1: Warm up with parents and kids; physical literacy games for kids.

Part 2: Resistance training/circuit workout for parents and kids.

Part 3: Free-play with our foamies, balls, etc.

We are also offering a \$15 drop-in per session.

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1833?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1833?onlineSiteId=0&from_original_cui=true)

## Thursday, March 14, 2024

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### Toddler Time

Date and Time: Thursday, March 14 8:30 am - 4:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

### Drop-In Student Tech Support

Date and Time: Thursday, March 14 12:00 pm - 1:00 pm

Address: Keyano Library Computer Lab

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**What to bring:** Your personal laptop/tablet (if applicable) and Keyano ID

**For more information, contact:** [studenttechsupport@keyano.ca](mailto:studenttechsupport@keyano.ca)

### MLA 9 Citation Style Workshop



Date and Time: Thursday, March 14 12:00 pm - 1:00 pm

Address: Keyano Library Computer Lab

Learn how to work with the MLA citation style before your first paper is due! Individual questions welcome. Open to all Keyano Students. Free. Registration required.

## Core Power 40 with Priscilla

Date and Time: Thursday, March 14 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

This class is a focus on building core strength (abdominals & back muscles) and improving muscle tone and endurance. We will use a variety of portable equipment and focus on form and function, finishing off with some total body combination exercises.

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

**Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)**

## Full Body Burn W/Taylor

Date and Time: Thursday, March 14 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

This circuit-style class will work your muscles from head to toe! We'll start with an active warm-up, then move into a set of circuits to work your entire body. Class will finish with a cool-down stretch.

All fitness levels welcome!

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

**Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)**

## Yin Yoga with Nexcy

Date and Time: Thursday, March 14 7:30 pm - 8:30 pm

Address: 908 Penhorwood St

This is easy yoga flow, discover the combination of physical and mental exercises, moving slowly through each pose, remembering to breathe as you move.

The idea is to hold each pose for a few, slow breaths before moving to the next one

Be mindful, focus on relaxing the muscles, beginning with stretching poses, a lot of twist, suns salutations and ending with relaxation again

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

**Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)**

## **Friday, March 15, 2024**

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### **Drop-In Student Tech Support**

Date and Time: Friday, March 15 12:00 pm - 1:00 pm

Address: Keyano Library Computer Lab

**What:** Receive quick, drop-in peer support for help with Moodle, Microsoft 365, computer basics, and more!

**Where:** Library Computer Lab (CC166)

**When:** Monday to Friday, 12:00 p.m. to 1:00 p.m.

**Who:** Support is available for Keyano College Students only

**What to bring:** Your personal laptop/tablet (if applicable) and Keyano ID

**For more information, contact:** [studenttechsupport@keyano.ca](mailto:studenttechsupport@keyano.ca)

### **High-Low Fit with Rachel**

Date and Time: Friday, March 15 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

HIGH Fitness is breaking the mold, and taking a bold, unique approach to group fitness – it's not fitness, it's HIGH Fitness. HIGH took Old School Aerobics and transformed it into a modern, heart pounding, fun, and effective workout. Cardio and toning meet leg warmers with a side of air guitar.

High-Low is a lower impact workout for all fitness levels

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

**Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)**

## Saturday, March 16, 2024

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### Active Yoga Flow with Andrea

Date and Time: Saturday, March 16 10:00 am - 11:00 am

Address: 9908 Penhorwood St

This class is designed to keep body and breath active throughout the practice. Class starts with a warm-up.

Once the body is ready, we will flow from one pose to the other. Enjoy a full-relaxation at the end to get you ready for your weekend!

All levels are welcome.

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

**Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)**

### Zumba Mix with Karin

Date and Time: Saturday, March 16 11:30 am - 12:30 pm

Address: 9908 Penhorwood St

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms - and resistance training. You truly need to try this out - the best part is it doesn't even feel like a workout and is guaranteed to be fun!

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

**Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)**

## Monday, March 18, 2024

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### Move With Me Workshop

Date and Time: Monday, March 18 10:30 am - 11:30 am

Address: 9908 Penhorwood street

Introducing our new physical literacy program, Move With Me!

This program encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation. These are 1-hour sessions with three 20-minute portions:

Part 1: Warm up with parents and kids; physical literacy games for kids.

Part 2: Resistance training/circuit workout for parents and kids.

Part 3: Free-play with our foamies, balls, etc.

We are also offering a \$15 drop-in per session.

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1832?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1832?onlineSiteId=0&from_original_cui=true)

## Drop-In Student Tech Support

Date and Time: Monday, March 18 12:00 pm - 1:00 pm

Address: Keyano Library Computer Lab

**What:** Receive quick, drop-in peer support for help with Moodle, Microsoft 365, computer basics, and more!

**Where:** Library Computer Lab (CC166)

**When:** Monday to Friday, 12:00 p.m. to 1:00 p.m.

**Who:** Support is available for Keyano College Students only

**What to bring:** Your personal laptop/tablet (if applicable) and Keyano ID

**For more information, contact:** [studenttechsupport@keyano.ca](mailto:studenttechsupport@keyano.ca)

## Toddler Time

Date and Time: Monday, March 18 12:00 pm - 4:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

## Yoga Fix W/ Andrea

Date and Time: Monday, March 18 12:10 pm - 12:50 pm

Address: 9908 Penhorwood street

Join us Mondays at noon to de-stress. We start with a flow of dynamic standing poses and finish with restorative poses, to let go tension. The perfect way to start the week!

All levels are welcome.

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)

## Zumba W/ Karin

Date and Time: Monday, March 18 6:30 pm - 7:30 pm

Address: 9908 Penhorwood street

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms - and resistance training. You truly need to try this out - the best part is it doesn't even feel like a workout and is guaranteed to be fun!

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&center\\_ids=2&activity\\_other\\_category\\_ids=3&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&center_ids=2&activity_other_category_ids=3&viewMode=list)

## Tuesday, March 19, 2024

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### Toddler Time

Date and Time: Tuesday, March 19 8:30 am - 4:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

## Career Services Workshop - Gender & Diversity

Date and Time: Tuesday, March 19 12:00 pm - 1:00 pm

Address: Keyano College 8115 Franklin Avenue

This pre-employment workshop helps students to understand and be comfortable with using updated terminology in relation to gender, sexuality, inclusion, and diversity. The workshop aims to raise awareness of sexual and gender diverse issues, and ways to help understand and support those individuals.

[Register for Workshops](#)

## Drop-In Student Tech Support

Date and Time: Tuesday, March 19 12:00 pm - 1:00 pm

Address: Keyano Library Computer Lab

**What:** Receive quick, drop-in peer support for help with Moodle, Microsoft 365, computer basics, and more!

**Where:** Library Computer Lab (CC166)

**When:** Monday to Friday, 12:00 p.m. to 1:00 p.m.

**Who:** Support is available for Keyano College Students only

**What to bring:** Your personal laptop/tablet (if applicable) and Keyano ID

**For more information, contact:** [studenttechsupport@keyano.ca](mailto:studenttechsupport@keyano.ca)

## Rhythm Ride 40 with Priscilla

Date and Time: Tuesday, March 19 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

This 40 min spin class is a great way to get in an effective workout, and is great for all ability levels.

This cycle class follows the rhythms and the energy of music from every genre. With a touch of dumbbell arm work.

The instructor guides participants through a warm up, workout phase which includes some weights to tone those arms, ending with a cool down and stretch. You control the resistance on your bike to make the pedaling as easy or difficult as you choose. Varied routines & music keeps things fresh.

Bring your sturdy pair of runners, towel and water and you're all set.

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

**Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)**

## Full Body Burn W/ Taylor

Date and Time: Tuesday, March 19 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

This circuit-style class will work your muscles from head to toe! We'll start with an active warm-up, then move into a set of circuits to work your entire body. Class will finish with a cool-down stretch.

All fitness levels welcome!

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)

## Wednesday, March 20, 2024

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### Drop-In Student Tech Support

Date and Time: Wednesday, March 20 12:00 pm - 1:00 pm

Address: Keyano Library Computer Lab

**What:** Receive quick, drop-in peer support for help with Moodle, Microsoft 365, computer basics, and more!

**Where:** Library Computer Lab (CC166)

**When:** Monday to Friday, 12:00 p.m. to 1:00 p.m.

**Who:** Support is available for Keyano College Students only

**What to bring:** Your personal laptop/tablet (if applicable) and Keyano ID

**For more information, contact:** [studenttechsupport@keyano.ca](mailto:studenttechsupport@keyano.ca)

### High-Low Fit with Rachel

Date and Time: Wednesday, March 20 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

HIGH Fitness is breaking the mold, and taking a bold, unique approach to group fitness – it's not fitness, it's HIGH Fitness. HIGH took Old School Aerobics and transformed it into a modern, heart pounding, fun, and effective workout. Cardio and toning meet leg warmers with a side of air guitar.

High-Low is a lower impact workout for all fitness levels

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

**Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)**

## Move With Me

Date and Time: Wednesday, March 20 3:30 pm - 4:30 pm

Address: 908 Penhorwood St

Introducing our new physical literacy program, Move With Me!

This program encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation. These are 1-hour sessions with three 20-minute portions:

Part 1: Warm up with parents and kids; physical literacy games for kids.

Part 2: Resistance training/circuit workout for parents and kids.

Part 3: Free-play with our foamies, balls, etc.

We are also offering a \$15 drop-in per session.

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1833?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1833?onlineSiteId=0&from_original_cui=true)

## Thursday, March 21, 2024

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### Drop-In Student Tech Support

Date and Time: Thursday, March 21 12:00 pm - 1:00 pm

Address: Keyano Library Computer Lab

**What:** Receive quick, drop-in peer support for help with Moodle, Microsoft 365, computer basics, and more!

**Where:** Library Computer Lab (CC166)

**When:** Monday to Friday, 12:00 p.m. to 1:00 p.m.

**Who:** Support is available for Keyano College Students only



**What to bring:** Your personal laptop/tablet (if applicable) and Keyano ID

**For more information, contact:** [studenttechsupport@keyano.ca](mailto:studenttechsupport@keyano.ca)

## Core Power 40 with Priscilla

Date and Time: Thursday, March 21 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

This class is a focus on building core strength (abdominals & back muscles) and improving muscle tone and endurance. We will use a variety of portable equipment and focus on form and function, finishing off with some total body combination exercises.

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

**Register online -** [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)

## Teen Weight Trainer Course

Date and Time: Thursday, March 21 4:30 pm - 6:30 pm

Address: 9908 Penhorwood street

**Our Teen Weight Trainers course is a prerequisite for ages 13-15 to utilize our fitness centre.** This course covers everything you need to know to help you start your health & wellness journey!

- 1) Learn how to train safely & effectively
- 2) Importance of warming up & benefits of a cool-down
- 3) Introduction to various pieces of gym equipment
- 4) Better understanding of movement mechanics
- 5) Education on body composition, muscular endurance, muscular strength, flexibility & cardiovascular endurance

Register online - <https://www.keyano.ca/en/athletics-and-fitness/esports-camps.aspx>

## Full Body Burn W/Taylor

Date and Time: Thursday, March 21 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

This circuit-style class will work your muscles from head to toe! We'll start with an active warm-up, then move into a set of circuits to work your entire body. Class will finish with a cool-down stretch.

All fitness levels welcome!

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)

## Yin Yoga with Nexcy

Date and Time: Thursday, March 21 7:30 pm - 8:30 pm

Address: 908 Penhorwood St

This is easy yoga flow, discover the combination of physical and mental exercises, moving slowly through each pose, remembering to breath as you move.

The idea is to hold each pose for a few, slow breaths before moving to the next one

Be mindful, focus on relaxing the muscles, beginning with stretching poses, a lot of twist, suns salutations and ending with relaxation again

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)

## Friday, March 22, 2024

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### Drop-In Student Tech Support

Date and Time: Friday, March 22 12:00 pm - 1:00 pm

Address: Keyano Library Computer Lab

**What:** Receive quick, drop-in peer support for help with Moodle, Microsoft 365, computer basics, and more!

**Where:** Library Computer Lab (CC166)

**When:** Monday to Friday, 12:00 p.m. to 1:00 p.m.

**Who:** Support is available for Keyano College Students only

**What to bring:** Your personal laptop/tablet (if applicable) and Keyano ID

**For more information, contact:** [studenttechsupport@keyano.ca](mailto:studenttechsupport@keyano.ca)

## High-Low Fit with Rachel

Date and Time: Friday, March 22 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

HIGH Fitness is breaking the mold, and taking a bold, unique approach to group fitness – it's not fitness, it's HIGH Fitness. HIGH took Old School Aerobics and transformed it into a modern, heart pounding, fun, and effective workout. Cardio and toning meet leg warmers with a side of air guitar.

High-Low is a lower impact workout for all fitness levels

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

**Register online -** [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)

## Saturday, March 23, 2024

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### Active Yoga Flow with Andrea

Date and Time: Saturday, March 23 10:00 am - 11:00 am

Address: 9908 Penhorwood St

This class is designed to keep body and breath active throughout the practice. Class starts with a warm-up.

Once the body is ready, we will flow from one pose to the other. Enjoy a full-relaxation at the end to get you ready for your weekend!

All levels are welcome.

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

**Register online -** [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)

### Zumba Mix with Karin

Date and Time: Saturday, March 23 11:30 am - 12:30 pm

Address: 9908 Penhorwood St

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms - and resistance training. You truly need to try this out - the best part is it doesn't even feel like a workout and is guaranteed to be fun!

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

**Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)**

## **Sunday, March 24, 2024**

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### **Teen Weight Trainer Course**

Date and Time: Sunday, March 24 12:00 pm - 2:00 pm

Address: 9908 Penhorwood street

**Our Teen Weight Trainers course is a prerequisite for ages 13-15 to utilize our fitness centre.** This course covers everything you need to know to help you start your health & wellness journey!

- 1) Learn how to train safely & effectively
- 2) Importance of warming up & benefits of a cool-down
- 3) Introduction to various pieces of gym equipment
- 4) Better understanding of movement mechanics
- 5) Education on body composition, muscular endurance, muscular strength, flexibility & cardiovascular endurance

Register online - <https://www.keyano.ca/en/athletics-and-fitness/esports-camps.aspx>

## **Monday, March 25, 2024**

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### **Move With Me Workshop**

Date and Time: Monday, March 25 10:30 am - 11:30 am

Address: 9908 Penhorwood street

Introducing our new physical literacy program, Move With Me!

This program encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation. These are 1-hour sessions with three 20-minute portions:

Part 1: Warm up with parents and kids; physical literacy games for kids.

Part 2: Resistance training/circuit workout for parents and kids.

Part 3: Free-play with our foamies, balls, etc.

We are also offering a \$15 drop-in per session.

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1832?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1832?onlineSiteId=0&from_original_cui=true)

## Drop-In Student Tech Support

Date and Time: Monday, March 25 12:00 pm - 1:00 pm

Address: Keyano Library Computer Lab

**What:** Receive quick, drop-in peer support for help with Moodle, Microsoft 365, computer basics, and more!

**Where:** Library Computer Lab (CC166)

**When:** Monday to Friday, 12:00 p.m. to 1:00 p.m.

**Who:** Support is available for Keyano College Students only

**What to bring:** Your personal laptop/tablet (if applicable) and Keyano ID

**For more information, contact:** [studenttechsupport@keyano.ca](mailto:studenttechsupport@keyano.ca)

## Toddler Time

Date and Time: Monday, March 25 12:00 pm - 4:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

## Yoga Fix W/ Andrea

Date and Time: Monday, March 25 12:10 pm - 12:50 pm

Address: 9908 Penhorwood street

Join us Mondays at noon to de-stress. We start with a flow of dynamic standing poses and finish with restorative poses, to let go tension. The perfect way to start the week!

All levels are welcome.

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)

## Zumba W/ Karin

Date and Time: Monday, March 25 6:30 pm - 7:30 pm

Address: 9908 Penhorwood street

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms - and resistance training. You truly need to try this out - the best part is it doesn't even feel like a workout and is guaranteed to be fun!

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&center\\_ids=2&activity\\_other\\_category\\_ids=3&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&center_ids=2&activity_other_category_ids=3&viewMode=list)

## Tuesday, March 26, 2024

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### Toddler Time

Date and Time: Tuesday, March 26 8:30 am - 4:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

## Drop-In Student Tech Support

Date and Time: Tuesday, March 26 12:00 pm - 1:00 pm

Address: Keyano Library Computer Lab

**What:** Receive quick, drop-in peer support for help with Moodle, Microsoft 365, computer basics, and more!

**Where:** Library Computer Lab (CC166)

**When:** Monday to Friday, 12:00 p.m. to 1:00 p.m.

**Who:** Support is available for Keyano College Students only

**What to bring:** Your personal laptop/tablet (if applicable) and Keyano ID

**For more information, contact:** [studenttechsupport@keyano.ca](mailto:studenttechsupport@keyano.ca)

## Rhythm Ride 40 with Priscilla

Date and Time: Tuesday, March 26 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

This 40 min spin class is a great way to get in an effective workout, and is great for all ability levels.

This cycle class follows the rhythms and the energy of music from every genre. With a touch of dumbbell arm work.

The instructor guides participants through a warm up, workout phase which includes some weights to tone those arms, ending with a cool down and stretch. You control the resistance on your bike to make the pedaling as easy or difficult as you choose. Varied routines & music keeps things fresh.

Bring your sturdy pair of runners, towel and water and you're all set.

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

**Register online -** [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)

## Full Body Burn W/ Taylor

Date and Time: Tuesday, March 26 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

This circuit-style class will work your muscles from head to toe! We'll start with an active warm-up, then move

into a set of circuits to work your entire body. Class will finish with a cool-down stretch.

All fitness levels welcome!

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)

## Wednesday, March 27, 2024

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### Drop-In Student Tech Support

Date and Time: Wednesday, March 27 12:00 pm - 1:00 pm

Address: Keyano Library Computer Lab

**What:** Receive quick, drop-in peer support for help with Moodle, Microsoft 365, computer basics, and more!

**Where:** Library Computer Lab (CC166)

**When:** Monday to Friday, 12:00 p.m. to 1:00 p.m.

**Who:** Support is available for Keyano College Students only

**What to bring:** Your personal laptop/tablet (if applicable) and Keyano ID

**For more information, contact:** [studenttechsupport@keyano.ca](mailto:studenttechsupport@keyano.ca)

### High-Low Fit with Rachel

Date and Time: Wednesday, March 27 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

HIGH Fitness is breaking the mold, and taking a bold, unique approach to group fitness – it's not fitness, it's HIGH Fitness. HIGH took Old School Aerobics and transformed it into a modern, heart pounding, fun, and effective workout. Cardio and toning meet leg warmers with a side of air guitar.

High-Low is a lower impact workout for all fitness levels

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)



## Move With Me

Date and Time: Wednesday, March 27 3:30 pm - 4:30 pm

Address: 908 Penhorwood St

Introducing our new physical literacy program, Move With Me!

This program encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation. These are 1-hour sessions with three 20-minute portions:

Part 1: Warm up with parents and kids; physical literacy games for kids.

Part 2: Resistance training/circuit workout for parents and kids.

Part 3: Free-play with our foamies, balls, etc.

We are also offering a \$15 drop-in per session.

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1833?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1833?onlineSiteId=0&from_original_cui=true)

## Thursday, March 28, 2024

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### Drop-In Student Tech Support

Date and Time: Thursday, March 28 12:00 pm - 1:00 pm

Address: Keyano Library Computer Lab

**What:** Receive quick, drop-in peer support for help with Moodle, Microsoft 365, computer basics, and more!

**Where:** Library Computer Lab (CC166)

**When:** Monday to Friday, 12:00 p.m. to 1:00 p.m.

**Who:** Support is available for Keyano College Students only

**What to bring:** Your personal laptop/tablet (if applicable) and Keyano ID

**For more information, contact:** [studenttechsupport@keyano.ca](mailto:studenttechsupport@keyano.ca)

### Core Power 40 with Priscilla

Date and Time: Thursday, March 28 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

This class is a focus on building core strength (abdominals & back muscles) and improving muscle tone and endurance. We will use a variety of portable equipment and focus on form and function, finishing off with some total body combination exercises.

**Participants must check-in at the Fitness Desk or at Guest Services prior to attending fitness classes.**

**Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list)**

## **Friday, March 29, 2024**

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### **Library Closed**

Date and Time: Friday, March 29 12:00 am

Address: Keyano College Library

### **Easter Hours**

Date and Time: Friday, March 29 8:00 am - 8:00 pm

Address: 9908 Penhorwood St

Our hours of operation for Easter weekend, March 29 - April 1, will be from 8:00 am - 8:00 pm!

Regular hours of operation will resume on Tuesday, April 2, from 5:00 am - 11:00 pm.

Please note that no running fitness classes will occur on those dates.

### **College Closed: Good Friday**

Date and Time: Friday, March 29 8:30 am

Address: Keyano College 8115 Franklin Avenue

Please note the College will be closed on March 29, and April 1 2024 due to Good Friday and Easter Monday.

## **Saturday, March 30, 2024**

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### **Easter Hours**

Date and Time: Saturday, March 30 8:00 am - 8:00 pm

Address: 9908 Penhorwood St

Our hours of operation for Easter weekend, March 29 - April 1, will be from 8:00 am - 8:00 pm!

Regular hours of operation will resume on Tuesday, April 2, from 5:00 am - 11:00 pm.

Please note that no running fitness classes will occur on those dates.

## **Sunday, March 31, 2024**

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### **Easter Hours**

Date and Time: Sunday, March 31 8:00 am - 8:00 pm

Address: 9908 Penhorwood St

Our hours of operation for Easter weekend, March 29 - April 1, will be from 8:00 am - 8:00 pm!

Regular hours of operation will resume on Tuesday, April 2, from 5:00 am - 11:00 pm.

Please note that no running fitness classes will occur on those dates.

### **Toddler Time**

Date and Time: Sunday, March 31 9:00 am - 4:00 pm

Address: 9908 Penhorwood St

Toddler Time is a parent-supervised drop-in program. Please monitor children to ensure this is a safe and fun space for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

<https://calendar.keyano.ca>