

Sunday, May 1, 2022

STRONG & Stretch w/ Jenna

Date and Time: Sunday, May 1 7:00 pm - 8:00 pm

Address: 9908 Penhorwood St

This program combines HITT training with relaxing yoga a flexibility training. This class will challenge you to find your power, strength, speed, stamina, and mobility while moving to the music. So when you're punching, kicking, and doing burpees, you're doing it all to a beat. Then we're going to bring it back down and cool off with some flow yoga.

30 minutes STRONG Nation™ followed by 30 minutes of deep stretch yoga.

Monday, May 2, 2022

AEP (2x/ week)

Date and Time: Monday, May 2 6:00 am - 7:00 am

Address: 9908 Penhorwood St

The Athletic Enhancement Program is perfect for those who are interested in strength & conditioning sessions dedicated for young athletes.

April 20 - June 22 (Every Monday & Wednesday)

6:00 - 7:00 am

\$360.00 + GST (18 sessions)

No class on Monday, May 23

Link to register online: <http://ow.ly/jmRq50Ix4G8>

ABSA Exam Date 3A2 & 4A

Date and Time: Monday, May 2 8:30 am

Address: 8115 Franklin Avenue, Fort McMurray, AB, Clearwater Gym Room G101-FH4

Location: 8115 Franklin Avenue, Fort McMurray, AB, Clearwater Gym Room G101-FH4

To Apply to Write: Email powerengineering@keyano.ca

Barre Above w/ Amy

Date and Time: Monday, May 2 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

Barre Above - this is not your typical barre class. inspired by traditional barre, barre above takes you through range-of-motion sequences that will set fire to the legs, bum, arms, abs and everything in between. classes will focus on improving strength and flexibility while moving through barre and mat work. This low impact class is perfect for everyone of all fitness levels and allows you to modify movement to your ability.

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

Zumba w/ Karin

Date and Time: Monday, May 2 6:30 pm - 7:30 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.

Tuesday, May 3, 2022

First Day of Class: ACP (Y1 S2)

Date and Time: Tuesday, May 3 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

First Day of Class: ACP (Y1 S2)

Playful Paws (Tuesday Sessions)

Date and Time: Tuesday, May 3 9:00 am - 10:00 am

Address: 9908 Penhorwood St

Catered for ages 1.5-4 years old, this program is designed to increase physical confidence, competence, and motivation.

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/972?onlineSiteId=0&from_original_cui=true

Toddler Time

Date and Time: Tuesday, May 3 10:00 am - 3:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for under 1 year old's.

Please note, this is a parent supervised program.

Cycle Strength w/ Priscilla

Date and Time: Tuesday, May 3 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

This 40 min spin class is a great way to get in an effective workout, and is great for all ability levels. 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. Drills consist of steady states, up tempo cadences, sprints, endurance drills, and climbs, You control the resistance on your bike to make the pedaling as easy or difficult as you choose. Varied routines & music keeps things fresh. All you'll need is light workout clothes, a towel and a water bottle.

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

Wednesday, May 4, 2022

AEP (2x/ week)

Date and Time: Wednesday, May 4 6:00 am - 7:00 am

Address: 9908 Penhorwood St

The Athletic Enhancement Program is perfect for those who are interested in strength & conditioning sessions dedicated for young athletes.

April 20 - June 22 (Every Monday & Wednesday)

6:00 - 7:00 am

\$360.00 + GST (18 sessions)

No class on Monday, May 23

Link to register online: <http://ow.ly/jmRq50Ix4G8>

Toddler Time

Date and Time: Wednesday, May 4 9:00 am - 3:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for under 1 year old's.

Please note, this is a parent supervised program.

POUND Rockout w/ Amy

Date and Time: Wednesday, May 4 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

Don't just listen to music—become the music. Get your cardio and strength training all in one badass workout. POUND is designed for all fitness levels and provides an exhilarating atmosphere to let loose, tone up and rock out! POUND is a drumming inspired class that combines modern music with easy to learn choreographed movements. This class will help you release your frustrations, tension, anger and any other emotions as you SMASH your sticks together while rocking out to some of your favorite music.

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

Playful Paws (Wednesday Sessions)

Date and Time: Wednesday, May 4 3:00 pm - 4:00 pm

Address: 9908 Penhorwood St

Catered for ages 1.5-4 years old, this program is designed to increase physical confidence, competence, and motivation.

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/973?onlineSiteId=0&from_original_cui=true

Flow & restore Yoga w/ Andrea

Date and Time: Wednesday, May 4 5:15 pm - 6:15 pm

Address: 9908 Penhorwood St

Yoga Flow & Restore focus is to connect the body movement with the breath. Each class has a different sequence, to challenge yourself at your own pace. We start to warm-up with a flow of dynamic standing poses and finish the practice with restorative poses, to let go physical tension from the body. At the end, you will feel recharged and relaxed to enjoy your weekend. All levels are welcome.

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

Thursday, May 5, 2022

Playful Paws (Thursday Sessions)

Date and Time: Thursday, May 5 9:00 am - 10:00 am

Address: 9908 Penhorwood St

Catered for ages 1.5-4 years old, this program is designed to increase physical confidence, competence, and motivation.

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/974?onlineSiteId=0&from_original_cui=true

Toddler Time

Date and Time: Thursday, May 5 10:00 am - 3:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for under 1 year old's.

Please note, this is a parent supervised program.

ViPR w/ Priscila

Date and Time: Thursday, May 5 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

ViPR training is what you need this season! This new training tool combines movement and strength for a full body work out. ViPR training will improve your agility, balance and dynamic strength for maximal fitness goals. ViPR is for all fitness levels and can be a part of your regular fitness routine!

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

AEP (1x/ week)

Date and Time: Thursday, May 5 5:30 pm - 6:30 pm

Address: 9908 Penhorwood St

The Athletic Enhancement Program is perfect for those who are interested in strength & conditioning sessions dedicated for young athletes.

April 21 - June 23 (Every Thursday)

5:30 - 6:30 pm

\$180.00 + GST (9 sessions)

No class on Thursday, May 19

Link to register online: <http://ow.ly/A3uK50Ix4Fe>

Saturday, May 7, 2022

Flow & restore Yoga w/ Andrea

Date and Time: Saturday, May 7 10:00 am - 11:00 am

Address: 9908 Penhorwood St

Yoga Flow & Restore focus is to connect the body movement with the breath. Each class has a different sequence, to challenge yourself at your own pace. We start to warm-up with a flow of dynamic standing poses and finish the practice with restorative poses, to let go physical tension from the body. At the end, you will feel recharged and relaxed to enjoy your weekend. All levels are welcome.

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

Toddler Time

Date and Time: Saturday, May 7 10:00 am - 4:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for under 1 year old's.

Please note, this is a parent supervised program.

Zumba w/ Karin

Date and Time: Saturday, May 7 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.

Sunday, May 8, 2022

Free Play Sunday

Date and Time: Sunday, May 8 10:00 am - 6:00 pm

Address: 9908 Penhorwood St

Free Play Sunday is for 1-5 year olds, free under 1 years old, \$5.00 per child.

Please note, this is a parent supervised program.

STRONG & Stretch w/ Jenna

Date and Time: Sunday, May 8 7:00 pm - 8:00 pm

Address: 9908 Penhorwood St

This program combines HITT training with relaxing yoga a flexibility training. This class will challenge you to

find your power, strength, speed, stamina, and mobility while moving to the music. So when you're punching, kicking, and doing burpees, you're doing it all to a beat. Then we're going to bring it back down and cool off with some flow yoga.

30 minutes STRONG Nation™ followed by 30 minutes of deep stretch yoga.

Monday, May 9, 2022

AEP (2x/ week)

Date and Time: Monday, May 9 6:00 am - 7:00 am

Address: 9908 Penhorwood St

The Athletic Enhancement Program is perfect for those who are interested in strength & conditioning sessions dedicated for young athletes.

April 20 - June 22 (Every Monday & Wednesday)

6:00 - 7:00 am

\$360.00 + GST (18 sessions)

No class on Monday, May 23

Link to register online: <http://ow.ly/jmRq50Ix4G8>

First day of class: Cert, Dipl, Univ, & College Prep

Date and Time: Monday, May 9 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

First day of class for Spring 2022 semester: Certificate, Diploma, University Studies, & College Prep

Barre Above w/ Amy

Date and Time: Monday, May 9 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

Barre Above - this is not your typical barre class. inspired by traditional barre, barre above takes you through ra

nge-of-motion sequences that will set fire to the legs, bum, arms, abs and everything in between. classes will focus on improving strength and flexibility while moving through barre and mat work. This low impact class is perfect for everyone of all fitness levels and allows you to modify movement to your ability.

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

Zumba w/ Karin

Date and Time: Monday, May 9 6:30 pm - 7:30 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.

Tuesday, May 10, 2022

Playful Paws (Tuesday Sessions)

Date and Time: Tuesday, May 10 9:00 am - 10:00 am

Address: 9908 Penhorwood St

Catered for ages 1.5-4 years old, this program is designed to increase physical confidence, competence, and motivation.

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/972?onlineSiteId=0&from_original_cui=true

Toddler Time

Date and Time: Tuesday, May 10 10:00 am - 3:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for under 1 year old's.

Please note, this is a parent supervised program.

Cycle Strength w/ Priscilla

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

Address: 9908 Penhorwood St

This 40 min spin class is a great way to get in an effective workout, and is great for all ability levels. 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. Drills consist of steady states, up tempo cadences, sprints, endurance drills, and climbs. You control the resistance on your bike to make the pedaling as easy or difficult as you choose. Varied routines & music keeps things fresh. All you'll need is light workout clothes, a towel and a water bottle.

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

Junior Huskies Basketball Camp (Grades 1-3)

Date and Time: Tuesday, May 10 5:00 pm - 6:00 pm

Address: 9908 Penhorwood st

This co-ed basketball camp is open to Grades 1-3. This is a great opportunity to enhance your basketball skills with the mentorship from the Keyano Huskies coaches & athletes!

Dates: May 10, 17, 24, 31

Time: 5:00 - 6:00 pm

Cost: \$100.00

Link to register online: <http://ow.ly/bxzv50IVtle>

Junior Huskies Basketball Camp (Grades 4-6)

Date and Time: Tuesday, May 10 6:00 pm - 7:00 pm

Address: 9908 Penhorwood st

This co-ed basketball camp is open to Grades 4-6. This is a great opportunity to enhance your basketball skills with the mentorship from the Keyano Huskies coaches & athletes!

Dates: May 10, 17, 24, 31

Time: 6:00 - 7:00 pm

Cost: \$100.00

Link to register online: <http://ow.ly/bxzv50IVtle>

Wednesday, May 11, 2022

AEP (2x/ week)

Date and Time: Wednesday, May 11 6:00 am - 7:00 am

Address: 9908 Penhorwood St

The Athletic Enhancement Program is perfect for those who are interested in strength & conditioning sessions dedicated for young athletes.

April 20 - June 22 (Every Monday & Wednesday)

6:00 - 7:00 am

\$360.00 + GST (18 sessions)

No class on Monday, May 23

Link to register online: <http://ow.ly/jmRq50Ix4G8>

Toddler Time

Date and Time: Wednesday, May 11 9:00 am - 3:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for under 1 year old's.

Please note, this is a parent supervised program.

POUND Rockout w/ Amy

Date and Time: Wednesday, May 11 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

Don't just listen to music—become the music. Get your cardio and strength training all in one badass workout. POUND is designed for all fitness levels and provides an exhilarating atmosphere to let loose, tone up and rock out! POUND is a drumming inspired class that combines modern music with easy to learn choreographed move

ments. This class will help you release your frustrations, tension, anger and any other emotions as you SMASH your sticks together while rocking out to some of your favorite music.

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

Playful Paws (Wednesday Sessions)

Date and Time: Wednesday, May 11 3:00 pm - 4:00 pm

Address: 9908 Penhorwood St

Catered for ages 1.5-4 years old, this program is designed to increase physical confidence, competence, and motivation.

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/973?onlineSiteId=0&from_original_cui=true

Flow & restore Yoga w/ Andrea

Date and Time: Wednesday, May 11 5:15 pm - 6:15 pm

Address: 9908 Penhorwood St

Yoga Flow & Restore focus is to connect the body movement with the breath. Each class has a different sequence, to challenge yourself at your own pace. We start to warm-up with a flow of dynamic standing poses and finish the practice with restorative poses, to let go physical tension from the body. At the end, you will feel recharged and relaxed to enjoy your weekend. All levels are welcome.

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

Thursday, May 12, 2022

Last day to add/drop classes: Cert, Dipl, Univ, & College Prep

Date and Time: Thursday, May 12 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last day to add/drop classes for Spring 2022 semester: Certificate, Diploma, University Studies, & College Prep

Playful Paws (Thursday Sessions)

Date and Time: Thursday, May 12 9:00 am - 10:00 am

Address: 9908 Penhorwood St

Catered for ages 1.5-4 years old, this program is designed to increase physical confidence, competence, and motivation.

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/974?onlineSiteId=0&from_original_cui=true

Toddler Time

Date and Time: Thursday, May 12 10:00 am - 3:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for under 1 year old's.

Please note, this is a parent supervised program.

ViPR w/ Priscila

Date and Time: Thursday, May 12 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

ViPR training is what you need this season! This new training tool combines movement and strength for a full body work out. ViPR training will improve your agility, balance and dynamic strength for maximal fitness goals. ViPR is for all fitness levels and can be a part of your regular fitness routine!

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

AEP (1x/ week)

Date and Time: Thursday, May 12 5:30 pm - 6:30 pm

Address: 9908 Penhorwood St

The Athletic Enhancement Program is perfect for those who are interested in strength & conditioning sessions dedicated for young athletes.

April 21 - June 23 (Every Thursday)

5:30 - 6:30 pm

\$180.00 + GST (9 sessions)

No class on Thursday, May 19

Link to register online: <http://ow.ly/A3uK50Ix4Fe>

Charles Ross - One Man Avengers, A Parody

Date and Time: Thursday, May 12 8:00 pm - 9:30 pm

Address: Keyano Theatre

Presented by Keyano Theatre & Syncrude Arts Alive

Charles Ross is returning to Keyano Theatre on May 12! He is bringing his One-Man Avengers - A Parody. Join us for this hilarious parody to hear and see how the tale unfolds when you combine Iron Man's armour, Cap's shield, Hulk's rage, Thor's biceps, Thanos' chin, and Black Widow's butt.

Charles Ross is be doing a 60-minute set approximately followed by an intermission and talkback session. This is your opportunity to see an amazing show then get all the deets about how the show came about and maybe even share opinions on elements throughout the Avengers saga. The night will truly be a treat for those tapped into the Avengers and their cinematic world.

“Like the Energizer Bunny”- Calgary Herald “Nerd heaven” – Chicago Tribune

“Nuclear levels of energy” – Variety “An uncanny ability to perform multiple characters at the drop of a hat” – Boston Theatre

“If anyone can be described as a one-man multimedia machine, Charles Ross is it.” – Australian Stage

All Ages

Purchase tickets [HERE](#)

Tickets: \$33

Friday, May 13, 2022

Convocation

Date and Time: Friday, May 13 8:30 am

Address: 8115 Franklin Avenue

Details TBD.

Saturday, May 14, 2022

Toddler Time

Date and Time: Saturday, May 14 10:00 am - 6:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for under 1 year old's.

Please note, this is a parent supervised program.

Flow & restore Yoga w/ Andrea

Date and Time: Saturday, May 14 10:00 am - 11:00 am

Address: 9908 Penhorwood St

Yoga Flow & Restore focus is to connect the body movement with the breath. Each class has a different sequence, to challenge yourself at your own pace. We start to warm-up with a flow of dynamic standing poses and finish the practice with restorative poses, to let go physical tension from the body. At the end, you will feel recharged and relaxed to enjoy your weekend. All levels are welcome.

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

Zumba w/ Karin

Date and Time: Saturday, May 14 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.

Junior Huskies Basketball Camp (Grades 7-9)

Date and Time: Saturday, May 14 12:00 pm - 1:30 pm

Address: 9908 Penhorwood st

This co-ed basketball camp is open to Grades 7-9. This is a great opportunity to enhance your basketball skills with the mentorship from the Keyano Huskies coaches & athletes!

Dates: May 14, 15, 28, 29, June 3, 4

Time: 12:00 - 1:30 pm

Cost: \$140.00

Link to register online: <http://ow.ly/bxzv50IVtle>

Junior Huskies Basketball Camp (Grades 10-12)

Date and Time: Saturday, May 14 1:30 pm - 3:00 pm

Address: 9908 Penhorwood st

This co-ed basketball camp is open to Grades 10-12. This is a great opportunity to enhance your basketball skills with the mentorship from the Keyano Huskies coaches & athletes!

Dates: May 14, 15, 28, 29, June 3, 4

Time: 1:30 - 3:00 pm

Cost: \$140.00

Link to register online: <http://ow.ly/bxzv50IVtle>

Sunday, May 15, 2022

Junior Huskies Basketball Camp (Grades 7-9)

Date and Time: Sunday, May 15 12:00 pm - 1:30 pm

Address: 9908 Penhorwood st

This co-ed basketball camp is open to Grades 7-9. This is a great opportunity to enhance your basketball skills with the mentorship from the Keyano Huskies coaches & athletes!

Dates: May 14, 15, 28, 29, June 3, 4

Time: 12:00 - 1:30 pm

Cost: \$140.00

Link to register online: <http://ow.ly/bxzv50IVtle>

Junior Huskies Basketball Camp (Grades 10-12)

Date and Time: Sunday, May 15 1:30 pm - 3:00 pm

Address: 9908 Penhorwood st

This co-ed basketball camp is open to Grades 10-12. This is a great opportunity to enhance your basketball skills with the mentorship from the Keyano Huskies coaches & athletes!

Dates: May 14, 15, 28, 29, June 3, 4

Time: 1:30 - 3:00 pm

Cost: \$140.00

Link to register online: <http://ow.ly/bxzv50IVtle>

STRONG & Stretch w/ Jenna

Date and Time: Sunday, May 15 7:00 pm - 8:00 pm

Address: 9908 Penhorwood St

This program combines HIT training with relaxing yoga and flexibility training. This class will challenge you to find your power, strength, speed, stamina, and mobility while moving to the music. So when you're punching, kicking, and doing burpees, you're doing it all to a beat. Then we're going to bring it back down and cool off with some flow yoga.

30 minutes STRONG Nation™ followed by 30 minutes of deep stretch yoga.

Monday, May 16, 2022

AEP (2x/ week)

Date and Time: Monday, May 16 6:00 am - 7:00 am

Address: 9908 Penhorwood St

The Athletic Enhancement Program is perfect for those who are interested in strength & conditioning sessions dedicated for young athletes.

April 20 - June 22 (Every Monday & Wednesday)

6:00 - 7:00 am

\$360.00 + GST (18 sessions)

No class on Monday, May 23

Link to register online: <http://ow.ly/jmRq50Ix4G8>

Barre Above w/ Amy

Date and Time: Monday, May 16 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

Barre Above - this is not your typical barre class. inspired by traditional barre, barre above takes you through range-of-motion sequences that will set fire to the legs, bum, arms, abs and everything in between. classes will focus on improving strength and flexibility while moving through barre and mat work. This low impact class is perfect for everyone of all fitness levels and allows you to modify movement to your ability.

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

Zumba w/ Karin

Date and Time: Monday, May 16 6:30 pm - 7:30 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.

Tuesday, May 17, 2022

Playful Paws (Tuesday Sessions)

Date and Time: Tuesday, May 17 9:00 am - 10:00 am

Address: 9908 Penhorwood St

Catered for ages 1.5-4 years old, this program is designed to increase physical confidence, competence, and motivation.

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/972?onlineSiteId=0&from_original_cui=true

Toddler Time

Date and Time: Tuesday, May 17 10:00 am - 3:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for under 1 year old's.

Please note, this is a parent supervised program.

Cycle Strength w/ Priscilla

Date and Time: Tuesday, May 17 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

This 40 min spin class is a great way to get in an effective workout, and is great for all ability levels. 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. Drills consist of steady states, up tempo cadences, sprints, endurance drills, and climbs, You control the resistance on your bike to make the pedaling as easy or difficult as you choose. Varied routines & music keeps things fresh. All you'll need is light workout clothes, a towel and a water bottle.

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

Junior Huskies Basketball Camp (Grades 1-3)

Date and Time: Tuesday, May 17 5:00 pm - 6:00 pm

Address: 9908 Penhorwood st

This co-ed basketball camp is open to Grades 1-3. This is a great opportunity to enhance your basketball skills with the mentorship from the Keyano Huskies coaches & athletes!

Dates: May 10, 17, 24, 31

Time: 5:00 - 6:00 pm

Cost: \$100.00

Link to register online: <http://ow.ly/bxzv50IVtle>

Junior Huskies Basketball Camp (Grades 4-6)

Date and Time: Tuesday, May 17 6:00 pm - 7:00 pm

Address: 9908 Penhorwood st

This co-ed basketball camp is open to Grades 4-6. This is a great opportunity to enhance your basketball skills with the mentorship from the Keyano Huskies coaches & athletes!

Dates: May 10, 17, 24, 31

Time: 6:00 - 7:00 pm

Cost: \$100.00

Link to register online: <http://ow.ly/bxzv50IVtle>

Wednesday, May 18, 2022

AEP (2x/ week)

Date and Time: Wednesday, May 18 6:00 am - 7:00 am

Address: 9908 Penhorwood St

The Athletic Enhancement Program is perfect for those who are interested in strength & conditioning sessions dedicated for young athletes.

April 20 - June 22 (Every Monday & Wednesday)

6:00 - 7:00 am

\$360.00 + GST (18 sessions)

No class on Monday, May 23

Link to register online: <http://ow.ly/jmRq50Ix4G8>

Fees Due: ACP (Y2 S6)

Date and Time: Wednesday, May 18 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Fees Due: ACP (Y2 S6)

Toddler Time

Date and Time: Wednesday, May 18 9:00 am - 3:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for under 1 year old's.

Please note, this is a parent supervised program.

POUND Rockout w/ Amy

Date and Time: Wednesday, May 18 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

Don't just listen to music—become the music. Get your cardio and strength training all in one badass workout. POUND is designed for all fitness levels and provides an exhilarating atmosphere to let loose, tone up and rock out! POUND is a drumming inspired class that combines modern music with easy to learn choreographed movements. This class will help you release your frustrations, tension, anger and any other emotions as you SMASH your sticks together while rocking out to some of your favorite music.

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

Playful Paws (Wednesday Sessions)

Date and Time: Wednesday, May 18 3:00 pm - 4:00 pm

Address: 9908 Penhorwood St

Catered for ages 1.5-4 years old, this program is designed to increase physical confidence, competence, and motivation.

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/973?onlineSiteId=0&from_original_cui=true

Flow & restore Yoga w/ Andrea

Date and Time: Wednesday, May 18 5:15 pm - 6:15 pm

Address: 9908 Penhorwood St

Yoga Flow & Restore focus is to connect the body movement with the breath. Each class has a different sequence, to challenge yourself at your own pace. We start to warm-up with a flow of dynamic standing poses and finish the practice with restorative poses, to let go physical tension from the body. At the end, you will feel recharged and relaxed to enjoy your weekend. All levels are welcome.

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

Thursday, May 19, 2022

Toddler Time

Date and Time: Thursday, May 19 10:00 am - 3:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for under 1 year old's.

Please note, this is a parent supervised program.

ViPR w/ Priscila

Date and Time: Thursday, May 19 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

ViPR training is what you need this season! This new training tool combines movement and strength for a full body work out. ViPR training will improve your agility, balance and dynamic strength for maximal fitness goals. ViPR is for all fitness levels and can be a part of your regular fitness routine!

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

Saturday, May 21, 2022

Last day to withdraw: Power Engineering

Date and Time: Saturday, May 21 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last day to withdraw: Power Engineering

Flow & restore Yoga w/ Andrea

Date and Time: Saturday, May 21 10:00 am - 11:00 am

Address: 9908 Penhorwood St

Yoga Flow & Restore focus is to connect the body movement with the breath. Each class has a different sequence, to challenge yourself at your own pace. We start to warm-up with a flow of dynamic standing poses and finish the practice with restorative poses, to let go physical tension from the body. At the end, you will feel recharged and relaxed to enjoy your weekend. All levels are welcome.

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

Toddler Time

Date and Time: Saturday, May 21 10:00 am - 6:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for under 1 year old's.

Please note, this is a parent supervised program.

Zumba w/ Karin

Date and Time: Saturday, May 21 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.

Sunday, May 22, 2022

Free Play Sunday

Date and Time: Sunday, May 22 10:00 am - 6:00 pm

Address: 9908 Penhorwood St

Free Play Sunday is for 1-5 year olds, free under 1 years old, \$5.00 per child.

Please note, this is a parent supervised program.

STRONG & Stretch w/ Jenna

Date and Time: Sunday, May 22 7:00 pm - 8:00 pm

Address: 9908 Penhorwood St

This program combines HITT training with relaxing yoga a flexibility training. This class will challenge you to find your power, strength, speed, stamina, and mobility while moving to the music. So when you're punching, kicking, and doing burpees, you're doing it all to a beat. Then we're going to bring it back down and cool off with some flow yoga.

30 minutes STRONG Nation™ followed by 30 minutes of deep stretch yoga.

Monday, May 23, 2022

Library Closed

Date and Time: Monday, May 23 8:30 am

Address: 8115 Franklin Avenue, Fort McMurray, AB T9H2H7

The Library will be closed for Victoria Day.

College Closed: Victoria Day

Date and Time: Monday, May 23 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

College Closed.

Barre Above w/ Amy

Date and Time: Monday, May 23 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

Barre Above - this is not your typical barre class. inspired by traditional barre, barre above takes you through range-of-motion sequences that will set fire to the legs, bum, arms, abs and everything in between. classes will focus on improving strength and flexibility while moving through barre and mat work. This low impact class is perfect for everyone of all fitness levels and allows you to modify movement to your ability.

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

Zumba w/ Karin

Date and Time: Monday, May 23 6:30 pm - 7:30 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.

Tuesday, May 24, 2022

Last day to withdraw with 50% refund: Cert, Dipl, Univ, & College Prep

Date and Time: Tuesday, May 24 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last day to withdraw with 50% refund for Spring 2022 semester: Certificate, Diploma, University Studies, & College Prep

Toddler Time

Date and Time: Tuesday, May 24 10:00 am - 3:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for under 1 year old's.

Please note, this is a parent supervised program.

Cycle Strength w/ Priscilla

Date and Time: Tuesday, May 24 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

This 40 min spin class is a great way to get in an effective workout, and is great for all ability levels. 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. Drills consist of steady states, up tempo cadences, sprints, endurance drills, and climbs. You control the resistance on your bike to make the pedaling as easy or difficult as you choose. Varied routines & music keeps things fresh. All you'll need is light workout clothes, a towel and a water bottle.

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

Junior Huskies Basketball Camp (Grades 1-3)

Date and Time: Tuesday, May 24 5:00 pm - 6:00 pm

Address: 9908 Penhorwood st

This co-ed basketball camp is open to Grades 1-3. This is a great opportunity to enhance your basketball skills with the mentorship from the Keyano Huskies coaches & athletes!

Dates: May 10, 17, 24, 31

Time: 5:00 - 6:00 pm

Cost: \$100.00

Link to register online: <http://ow.ly/bxzv50IVtle>

Junior Huskies Basketball Camp (Grades 4-6)

Date and Time: Tuesday, May 24 6:00 pm - 7:00 pm

Address: 9908 Penhorwood st

This co-ed basketball camp is open to Grades 4-6. This is a great opportunity to enhance your basketball skills with the mentorship from the Keyano Huskies coaches & athletes!

Dates: May 10, 17, 24, 31

Time: 6:00 - 7:00 pm

Cost: \$100.00

Link to register online: <http://ow.ly/bxzv50IVtle>

Wednesday, May 25, 2022

AEP (2x/ week)

Date and Time: Wednesday, May 25 6:00 am - 7:00 am

Address: 9908 Penhorwood St

The Athletic Enhancement Program is perfect for those who are interested in strength & conditioning sessions dedicated for young athletes.

April 20 - June 22 (Every Monday & Wednesday)

6:00 - 7:00 am

\$360.00 + GST (18 sessions)

No class on Monday, May 23

Link to register online: <http://ow.ly/jmRq50Ix4G8>

Toddler Time

Date and Time: Wednesday, May 25 9:00 am - 3:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for under 1 year old's.

Please note, this is a parent supervised program.

POUND Rockout w/ Amy

Date and Time: Wednesday, May 25 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

Don't just listen to music—become the music. Get your cardio and strength training all in one badass workout. POUND is designed for all fitness levels and provides an exhilarating atmosphere to let loose, tone up and rock out! POUND is a drumming inspired class that combines modern music with easy to learn choreographed movements. This class will help you release your frustrations, tension, anger and any other emotions as you SMASH your sticks together while rocking out to some of your favorite music.

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

Flow & restore Yoga w/ Andrea

Date and Time: Wednesday, May 25 5:15 pm - 6:15 pm

Address: 9908 Penhorwood St

Yoga Flow & Restore focus is to connect the body movement with the breath. Each class has a different sequence, to challenge yourself at your own pace. We start to warm-up with a flow of dynamic standing poses and finish the practice with restorative poses, to let go physical tension from the body. At the end, you will feel recharged and relaxed to enjoy your weekend. All levels are welcome.

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

Thursday, May 26, 2022

ABSA Exam Date 3B1

Date and Time: Thursday, May 26 8:30 am

Address: 8115 Franklin Avenue, Fort McMurray, AB, Clearwater Gym Room G101-FH4

Location: 8115 Franklin Avenue, Fort McMurray, AB, Clearwater Gym Room G101-FH4

To Apply to Write: Email powerengineering@keyano.ca

Toddler Time

Date and Time: Thursday, May 26 10:00 am - 3:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for under 1 year old's.

Please note, this is a parent supervised program.

ViPR w/ Priscila

Date and Time: Thursday, May 26 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

ViPR training is what you need this season! This new training tool combines movement and strength for a full body work out. ViPR training will improve your agility, balance and dynamic strength for maximal fitness goals. ViPR is for all fitness levels and can be a part of your regular fitness routine!

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

AEP (1x/ week)

Date and Time: Thursday, May 26 5:30 pm - 6:30 pm

Address: 9908 Penhorwood St

The Athletic Enhancement Program is perfect for those who are interested in strength & conditioning sessions dedicated for young athletes.

April 21 - June 23 (Every Thursday)

5:30 - 6:30 pm

\$180.00 + GST (9 sessions)

No class on Thursday, May 19

Link to register online: <http://ow.ly/A3uK50Ix4Fe>

Friday, May 27, 2022

MIDA Takes the Stage

Date and Time: Friday, May 27 6:00 pm

Address: Keyano Theatre, 8115 Franklin Avenue

MIDA Takes The Stage celebrates the hard work and dedication of our dance students. You will enjoy performances in Ballet, Jazz, Lyrical, Tap, Hip Hop, & Musical Theatre. Come and experience a fantastic time!

Rated: All Ages

Dates:

Friday, May 27th @ 6pm

Saturday, May 28th @ 12pm

Saturday, May 28th @ 6pm

Tickets can be purchased on our [Box Office website](#).

Saturday, May 28, 2022

Flow & restore Yoga w/ Andrea

Date and Time: Saturday, May 28 10:00 am - 11:00 am

Address: 9908 Penhorwood St

Yoga Flow & Restore focus is to connect the body movement with the breath. Each class has a different sequence, to challenge yourself at your own pace. We start to warm-up with a flow of dynamic standing poses and finish the practice with restorative poses, to let go physical tension from the body. At the end, you will feel recharged and relaxed to enjoy your weekend. All levels are welcome.

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

Zumba w/ Karin

Date and Time: Saturday, May 28 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.

MIDA Takes the Stage

Date and Time: Saturday, May 28 12:00 pm

Address: Keyano Theatre, 8115 Franklin Avenue

MIDA Takes The Stage celebrates the hard work and dedication of our dance students. You will enjoy performances in Ballet, Jazz, Lyrical, Tap, Hip Hop, & Musical Theatre. Come and experience a fantastic time!

Rated: All Ages

Dates:

Friday, May 27th @ 6pm

Saturday, May 28th @ 12pm

Saturday, May 28th @ 6pm

Tickets can be purchased on our [Box Office website.](#)

Junior Huskies Basketball Camp (Grades 7-9)

Date and Time: Saturday, May 28 12:00 pm - 1:30 pm

Address: 9908 Penhorwood st

This co-ed basketball camp is open to Grades 7-9. This is a great opportunity to enhance your basketball skills

with the mentorship from the Keyano Huskies coaches & athletes!

Dates: May 14, 15, 28, 29, June 3, 4

Time: 12:00 - 1:30 pm

Cost: \$140.00

Link to register online: <http://ow.ly/bxzv50IVtle>

Junior Huskies Basketball Camp (Grades 10-12)

Date and Time: Saturday, May 28 1:30 pm - 3:00 pm

Address: 9908 Penhorwood st

This co-ed basketball camp is open to Grades 10-12. This is a great opportunity to enhance your basketball skills with the mentorship from the Keyano Huskies coaches & athletes!

Dates: May 14, 15, 28, 29, June 3, 4

Time: 1:30 - 3:00 pm

Cost: \$140.00

Link to register online: <http://ow.ly/bxzv50IVtle>

MIDA Takes the Stage

Date and Time: Saturday, May 28 6:00 pm

Address: Keyano Theatre, 8115 Franklin Avenue

MIDA Takes The Stage celebrates the hard work and dedication of our dance students. You will enjoy performances in Ballet, Jazz, Lyrical, Tap, Hip Hop, & Musical Theatre. Come and experience a fantastic time!

Rated: All Ages

Dates:

Friday, May 27th @ 6pm

Saturday, May 28th @ 12pm

Saturday, May 28th @ 6pm

Tickets can be purchased on our [Box Office website.](#)

Junior Huskies Basketball Camp (Grades 7-9)

Date and Time: Sunday, May 29 12:00 pm - 1:30 pm

Address: 9908 Penhorwood st

This co-ed basketball camp is open to Grades 7-9. This is a great opportunity to enhance your basketball skills with the mentorship from the Keyano Huskies coaches & athletes!

Dates: May 14, 15, 28, 29, June 3, 4

Time: 12:00 - 1:30 pm

Cost: \$140.00

Link to register online: <http://ow.ly/bxzv50IVtle>

Junior Huskies Basketball Camp (Grades 10-12)

Date and Time: Sunday, May 29 1:30 pm - 3:00 pm

Address: 9908 Penhorwood st

This co-ed basketball camp is open to Grades 10-12. This is a great opportunity to enhance your basketball skills with the mentorship from the Keyano Huskies coaches & athletes!

Dates: May 14, 15, 28, 29, June 3, 4

Time: 1:30 - 3:00 pm

Cost: \$140.00

Link to register online: <http://ow.ly/bxzv50IVtle>

STRONG & Stretch w/ Jenna

Date and Time: Sunday, May 29 7:00 pm - 8:00 pm

Address: 9908 Penhorwood St

This program combines HITT training with relaxing yoga a flexibility training. This class will challenge you to find your power, strength, speed, stamina, and mobility while moving to the music. So when you're punching, ki

cking, and doing burpees, you're doing it all to a beat. Then we're going to bring it back down and cool off with some flow yoga.

30 minutes STRONG Nation™ followed by 30 minutes of deep stretch yoga.

Monday, May 30, 2022

AEP (2x/ week)

Date and Time: Monday, May 30 6:00 am - 7:00 am

Address: 9908 Penhorwood St

The Athletic Enhancement Program is perfect for those who are interested in strength & conditioning sessions dedicated for young athletes.

April 20 - June 22 (Every Monday & Wednesday)

6:00 - 7:00 am

\$360.00 + GST (18 sessions)

No class on Monday, May 23

Link to register online: <http://ow.ly/jmRq50Ix4G8>

Barre Above w/ Amy

Date and Time: Monday, May 30 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

Barre Above - this is not your typical barre class. inspired by traditional barre, barre above takes you through range-of-motion sequences that will set fire to the legs, bum, arms, abs and everything in between. classes will focus on improving strength and flexibility while moving through barre and mat work. This low impact class is perfect for everyone of all fitness levels and allows you to modify movement to your ability.

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

Zumba w/ Karin

Date and Time: Monday, May 30 6:30 pm - 7:30 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.

Tuesday, May 31, 2022

Last day of class: ACP (Y2 S5)

Date and Time: Tuesday, May 31 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last day of class: ACP (Y2 S5)

Toddler Time

Date and Time: Tuesday, May 31 10:00 am - 3:00 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for under 1 year old's.

Please note, this is a parent supervised program.

Cycle Strength w/ Priscilla

Date and Time: Tuesday, May 31 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

This 40 min spin class is a great way to get in an effective workout, and is great for all ability levels. 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. Drills consist of steady states, up tempo cadences, sprints, endurance drills, and climbs, You control the resistance on your bike to make the pedaling as easy or difficult as you choose. Varied routines & music keeps things fresh. All you'll need is light workout clothes, a towel and a water bottle.

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

Junior Huskies Basketball Camp (Grades 1-3)

Date and Time: Tuesday, May 31 5:00 pm - 6:00 pm

Address: 9908 Penhorwood st

This co-ed basketball camp is open to Grades 1-3. This is a great opportunity to enhance your basketball skills with the mentorship from the Keyano Huskies coaches & athletes!

Dates: May 10, 17, 24, 31

Time: 5:00 - 6:00 pm

Cost: \$100.00

Link to register online: <http://ow.ly/bxzv50IVtle>

Junior Huskies Basketball Camp (Grades 4-6)

Date and Time: Tuesday, May 31 6:00 pm - 7:00 pm

Address: 9908 Penhorwood st

This co-ed basketball camp is open to Grades 4-6. This is a great opportunity to enhance your basketball skills with the mentorship from the Keyano Huskies coaches & athletes!

Dates: May 10, 17, 24, 31

Time: 6:00 - 7:00 pm

Cost: \$100.00

Link to register online: <http://ow.ly/bxzv50IVtle>

<https://calendar.keyano.ca>