

## Monday, May 1, 2023

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### Asset Planning Management: Turnaround Planning

Date and Time: Monday, May 1 12:00 am - 12:00 pm

Address: Online, 8115 Franklin Avenue, Fort McMurray, AB, T9H 2H7

This module highlights project management and team communication concepts applied to identify and control shutdown risks. Participants practice their skills in a team-based exercise. This module involves intensive Planning and Scheduling techniques. It is suggested that modules 2 and 3 be completed before attempting this module.

14 hours, \$495

### Circuit Bootcamp w/Amy

Date and Time: Monday, May 1 12:10 pm - 12:50 pm

Address: 9908 Penhorwood Street

Work at your own pace as your instructor takes you through a series of both strength training and cardio movements that'll have you sweating and your muscles burning. Feel strong, powerful and accomplished as we work through various circuits. All fitness level 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&instructor\\_ids=19&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=19&viewMode=list)

### Zumba w/Karin

Date and Time: Monday, May 1 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\\_se](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_se)

## Tuesday, May 2, 2023

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### Playful Paws Session 5 (Tuesdays)

Date and Time: Tuesday, May 2 9:00 am - 10:00 am

Address: 9908 Penhorwood St

Start your child off on the right PAW! A physical literacy based program that 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.

Activity #6170

This session takes place every Tuesdays

Time: 9:30 am - 10:30 am

Dates: May 2 - June 13 (7 classes)

Cost: \$105.00 +GST

Link to register online: [https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1174?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1174?onlineSiteId=0&from_original_cui=true)

### Toddler Time

Date and Time: Tuesday, May 2 11:00 am - 3:30 pm

Address: 9908 Penhorwood Street

Toddler Time is for ages 0-5 (free for 12 months & under), \$5.00 +GST per child

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

### Cycle Strength w/Priscilla

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

Address: 9908 Penhorwood Street

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.**

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

## Full Body Burn w/Taylor

Date and Time: Tuesday, May 2 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.

**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&instructor\\_ids=20&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=20&viewMode=list)

## Wednesday, May 3, 2023

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### Winter 2023 - Last day to withdraw

Date and Time: Wednesday, May 3 8:30 am

Address: Keyano College, 8115 Franklin ave.

Last day to withdraw from Winter 2023 semester for Power Engineering.

### Toddler Time

Date and Time: Wednesday, May 3 9:00 am - 2:00 pm

Address: 9908 Penhorwood Street

Toddler Time is for ages 0-5 (free for 12 months & under), \$5.00 +GST per child

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

## Step Fitness w/Amy

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

Address: 9908 Penhorwood Street

Step aerobics is a classic cardio workout. It's lasted for decades for a simple reason: it's fun. By offering an aerobic workout that is boosted with choreography and group motivation, step classes involve cardio conditioning on step benches and risers while performing choreographed routines to upbeat music; step patterns are broken down for both beginner and advanced steppers. The fast foot movements build stamina and burn and the number of calories you'll burn depends on how fast you move and step height, and length. Step is actually a whole-body workout. You will feel less fatigued due to high-energy music and working out with other friends in your class. This is an excellent cross-training class for all skill and fitness levels. You may be surprised to actually enjoy this classic class.

**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&instructor\\_ids=19&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=19&viewMode=list)

## Yoga & Weights w/Andrea

Date and Time: Wednesday, May 3 5:15 pm - 6:15 pm

Address: 9908 Penhorwood Street

This class has the benefits of yoga plus a 10-15mins light weights sequence. The purpose of this combination is to build strength, better posture and mindful movement. Ultimately, you will develop good long-term outcomes. End your practice with restorative poses and a full relaxation. All 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&instructor\\_ids=7&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=7&viewMode=list)

## Thursday, May 4, 2023

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### Toddler Time

Date and Time: Thursday, May 4 9:00 am - 3:30 pm

Address: 9908 Penhorwood Street

Toddler Time is for ages 0-5 (free for 12 months & under), \$5.00 +GST per child

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

### Full Body Burn w/Taylor

Date and Time: Thursday, May 4 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.

**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&instructor\\_ids=20&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=20&viewMode=list)

## Friday, May 5, 2023

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### Winter 2023 - Last day of classes

Date and Time: Friday, May 5 8:30 am

Address: Keyano College, 8115 Franklin ave.

Last day of Winter 2023 classes for the Health Care Aide (W23 intake S1) program.

## Winter 2023 - Final grades due/End of semester

Date and Time: Friday, May 5 8:30 am

Address: Keyano College, 8115 Franklin ave.

Final grades due/End of Winter 2023 semester for Hospitality & Tourism Management

## Winter 2023 - Last day of classes

Date and Time: Friday, May 5 8:30 am

Address: Keyano Theatre, 8115 Franklin Avenue

Last day of Winter 2023 classes for Hospitality and Tourism Management program.

## High-Low Fit w/Rachel

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

Address: 9908 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&instructor\\_ids=18&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=18&viewMode=list)**

## Saturday, May 6, 2023

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### Management and Supervision: Strategies for Managing Projects

Date and Time: Saturday, May 6 8:00 am - 4:00 pm

Address: Virtual, 8115 Franklin Avenue, Fort McMurray, AB, T9H 2H7

The day-to-day work in organizations today is often project based.

Whether this involves launching new products or services, changing business processes or moving offices, chances are that every manager and supervisor will have a role to play in ensuring successful project completion.

In this practical, hands-on course, you will learn the basics of managing projects throughout the various phases: conceptualization, planning, execution and review.

7 hours, \$329

## Active Yoga for Everybody w/Andrea

Date and Time: Saturday, May 6 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 and isometric standing postures to improve strength and stability. Once the body is ready, we will follow the breath to flow from one pose to the other. Enjoy restorative poses and a full-relaxation at the end. 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&instructor\\_ids=7&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=7&viewMode=list)

## Zumba w/Karin

Date and Time: Saturday, May 6 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&instructor\\_ids=17&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=17&viewMode=list)

## Sunday, May 7, 2023

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### Teen Weight Trainers

Date and Time: Sunday, May 7 12:00 pm - 2:00 pm

Address: 9908 Penhorwood St

This program introduces youth (teens), ages 13-15 to the foundations of weight training including machines, free weights and weight room etiquette. Graduates gain confidence, understanding of weight lifting and is a prerequisite to use the Fitness Centre. Teens working out in the fitness centre must keep his/her TWT ID card on

hand at all times.

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&activity\\_other\\_category\\_ids=2&instructor\\_ids=20&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_other_category_ids=2&instructor_ids=20&viewMode=list)

## **STRONG & Stretch w/Jenna**

Date and Time: Sunday, May 7 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.

register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&instructor\\_ids=14&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=14&viewMode=list)

## **Monday, May 8, 2023**

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### **Toddler Time**

Date and Time: Monday, May 8 9:00 am - 4:30 pm

Address: 9908 Penhorwood Street

Toddler Time is for ages 0-5 (free for 12 months & under), \$5.00 +GST per child

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

### **Pet Therapy**

Date and Time: Monday, May 8 12:00 pm - 1:00 pm

Address: Elements, Keyano College Clearwater Campus, 8115 Franklin Avenue



Did you know that pet therapy can help bust stress, increase energy levels, and decrease depression? It's true! That's why our Wellness Services team has arranged for Pet Therapy sessions that will be open to both staff and students!

Pet Therapy will be held in Elements from 12:00 p.m. – 1:00 p.m. on the following dates:

- March 20
- April 3
- April 17 (start of exam week)
- April 24 (second last day of exam week)
- May 8
- May 22
- June 5
- June 19

## Circuit Bootcamp w/Amy

Date and Time: Monday, May 8 12:10 pm - 12:50 pm

Address: 9908 Penhorwood Street

Work at your own pace as your instructor takes you through a series of both strength training and cardio movements that'll have you sweating and your muscles burning. Feel strong, powerful and accomplished as we work through various circuits. All fitness level 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&instructor\\_ids=19&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=19&viewMode=list)

## Zumba w/Karin

Date and Time: Monday, May 8 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&instructor\\_ids=17&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=17&viewMode=list)

## Tuesday, May 9, 2023

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## Winter 2023 - Final grades due/End of semester

Date and Time: Tuesday, May 9 8:30 am

Address: Keyano College, 8115 Franklin ave.

Final grades due/End of Winter 2023 semester for Health Care Aide W23 intake

## Playful Paws Session 5 (Tuesdays)

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

Address: 9908 Penhorwood St

Start your child off on the right PAW! A physical literacy based program that 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.

Activity #6170

This session takes place every Tuesdays

Time: 9:30 am - 10:30 am

Dates: May 2 - June 13 (7 classes)

Cost: \$105.00 +GST

Link to register online: [https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1174?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1174?onlineSiteId=0&from_original_cui=true)

## Toddler Time

Date and Time: Tuesday, May 9 11:00 am - 3:30 pm

Address: 9908 Penhorwood Street

Toddler Time is for ages 0-5 (free for 12 months & under), \$5.00 +GST per child

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

## Cycle Strength w/Priscilla

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

Address: 9908 Penhorwood Street

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.**

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

## Full Body Burn w/Taylor

Date and Time: Tuesday, May 9 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.

**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&instructor\\_ids=20&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=20&viewMode=list)

## Wednesday, May 10, 2023

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### Toddler Time

Date and Time: Wednesday, May 10 9:00 am - 2:00 pm

Address: 9908 Penhorwood Street

Toddler Time is for ages 0-5 (free for 12 months & under), \$5.00 +GST per child

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

## Step Fitness w/Amy

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

Address: 9908 Penhorwood Street

Step aerobics is a classic cardio workout. It's lasted for decades for a simple reason: it's fun. By offering an aerobic workout that is boosted with choreography and group motivation, step classes involve cardio conditioning on step benches and risers while performing choreographed routines to upbeat music; step patterns are broken down for both beginner and advanced steppers. The fast foot movements build stamina and burn and the number of calories you'll burn depends on how fast you move and step height, and length. Step is actually a whole-body workout. You will feel less fatigued due to high-energy music and working out with other friends in your class. This is an excellent cross-training class for all skill and fitness levels. You may be surprised to actually enjoy this classic class.

**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&instructor\\_ids=19&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=19&viewMode=list)

## Yoga & Weights w/Andrea

Date and Time: Wednesday, May 10 5:15 pm - 6:15 pm

Address: 9908 Penhorwood Street

This class has the benefits of yoga plus a 10-15mins light weights sequence. The purpose of this combination is to build strength, better posture and mindful movement. Ultimately, you will develop good long-term outcomes. End your practice with restorative poses and a full relaxation. All 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&instructor\\_ids=7&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=7&viewMode=list)

## Thursday, May 11, 2023

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## Full Body Burn w/Taylor

Date and Time: Thursday, May 11 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.

**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&instructor\\_ids=20&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=20&viewMode=list)

## PERCUSSIANO3

Date and Time: Thursday, May 11 7:30 pm

Address: Keyano Theatre 8115 Franklin Avenue

**Presented by Keyano Theatre & Syncrude Arts Alive**

PERCUSIANO 3 offers something utterly different: an ensemble of piano and percussion with a repertoire that successfully spans the musical gamut from the great classics to the jazz-oriented world of today. Prepare for a six-handed miracle - a concert attraction that will prove as musically dazzling as it will be artistically exhilarating!

The ensemble features the Vancouver-based duo-pianists Elizabeth and Marcel Bergmann on a single piano - along with Calgary Percussionist Rod Squance with a glorious myriad of instruments at his fingertips. It all began at the Banff Centre for the Arts some 20 years ago, where the musicians first met and performed together over several weeks. Their connection, both personally and musically, was instant, and from that time, they have collaborated on a huge variety of musical projects.

Their enthusiasm is infectious as audiences experience the dynamic energy and communication of the three friends performing together. The programme presents brilliant pageantry and a dazzling display of virtuoso drumming without sacrificing the classical glories and splendour of the piano duo.

**Rated:**

All Ages

**Date:**

Thursday, May 11 @ 7:30pm

**Tickets:**

Regular: \$34  
Student/Senior/Military: \$24  
Child: \$24

## Friday, May 12, 2023

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### Toddler Time

Date and Time: Friday, May 12 9:00 am - 3:00 pm

Address: 9908 Penhorwood Street

Toddler Time is for ages 0-5 (free for 12 months & under), \$5.00 +GST per child

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

### High-Low Fit w/Rachel

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

Address: 9908 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&instructor\\_ids=18&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=18&viewMode=list)**

## Saturday, May 13, 2023

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### Active Yoga for Everybody w/Andrea

Date and Time: Saturday, May 13 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 and isometric standing postures to improve strength and stability. Once the body is ready, we will follow the breath to flow from one pose to the other. Enjoy restorative poses and a full-relaxation at the end. 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&instructor\\_ids=7&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=7&viewMode=list)

## **Zumba w/Karin**

Date and Time: Saturday, May 13 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&instructor\\_ids=17&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=17&viewMode=list)

## **Sunday, May 14, 2023**

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### **Teen Weight Trainers**

Date and Time: Sunday, May 14 12:00 pm - 2:00 pm

Address: 9908 Penhorwood St

This program introduces youth (teens), ages 13-15 to the foundations of weight training including machines, free weights and weight room etiquette. Graduates gain confidence, understanding of weight lifting and is a prerequisite to use the Fitness Centre. Teens working out in the fitness centre must keep his/her TWT ID card on hand at all times.

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&activity\\_other\\_category\\_ids=2&instructor\\_ids=20&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_other_category_ids=2&instructor_ids=20&viewMode=list)

## **STRONG & Stretch w/Jenna**

Date and Time: Sunday, May 14 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.

register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&instructor\\_ids=14&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=14&viewMode=list)

## **Monday, May 15, 2023**

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### **Toddler Time**

Date and Time: Monday, May 15 9:00 am - 4:30 pm

Address: 9908 Penhorwood Street

Toddler Time is for ages 0-5 (free for 12 months & under), \$5.00 +GST per child

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

### **Circuit Bootcamp w/Amy**

Date and Time: Monday, May 15 12:10 pm - 12:50 pm

Address: 9908 Penhorwood Street

Work at your own pace as your instructor takes you through a series of both strength training and cardio movements that'll have you sweating and your muscles burning. Feel strong, powerful and accomplished as we work through various circuits. All fitness level 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?>



## Zumba w/Karin

Date and Time: Monday, May 15 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&instructor\\_ids=17&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=17&viewMode=list)

## Tuesday, May 16, 2023

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### Playful Paws Session 5 (Tuesdays)

Date and Time: Tuesday, May 16 9:00 am - 10:00 am

Address: 9908 Penhorwood St

Start your child off on the right PAW! A physical literacy based program that 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.

Activity #6170

This session takes place every Tuesdays

Time: 9:30 am - 10:30 am

Dates: May 2 - June 13 (7 classes)

Cost: \$105.00 +GST

Link to register online: [https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1174?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1174?onlineSiteId=0&from_original_cui=true)

## Toddler Time

Date and Time: Tuesday, May 16 11:00 am - 4:00 pm

Address: 9908 Penhorwood Street

Toddler Time is for ages 0-5 (free for 12 months & under), \$5.00 +GST per child

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

## Cycle Strength w/Priscilla

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

Address: 9908 Penhorwood Street

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.**

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

## Full Body Burn w/Taylor

Date and Time: Tuesday, May 16 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.

**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&instructor\\_ids=20&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=20&viewMode=list)

# Wednesday, May 17, 2023

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## Toddler Time

Date and Time: Wednesday, May 17 9:00 am - 2:00 pm

Address: 9908 Penhorwood Street

Toddler Time is for ages 0-5 (free for 12 months & under), \$5.00 +GST per child

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

## Step Fitness w/Amy

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

Address: 9908 Penhorwood Street

Step aerobics is a classic cardio workout. It's lasted for decades for a simple reason: it's fun. By offering an aerobic workout that is boosted with choreography and group motivation, step classes involve cardio conditioning on step benches and risers while performing choreographed routines to upbeat music; step patterns are broken down for both beginner and advanced steppers. The fast foot movements build stamina and burn and the number of calories you'll burn depends on how fast you move and step height, and length. Step is actually a whole-body workout. You will feel less fatigued due to high-energy music and working out with other friends in your class. This is an excellent cross-training class for all skill and fitness levels. You may be surprised to actually enjoy this classic class.

**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&instructor\\_ids=19&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=19&viewMode=list)

## Yoga & Weights w/Andrea

Date and Time: Wednesday, May 17 5:15 pm - 6:15 pm

Address: 9908 Penhorwood Street

This class has the benefits of yoga plus a 10-15mins light weights sequence. The purpose of this combination is to build strength, better posture and mindful movement. Ultimately, you will develop good long-term outcomes

. End your practice with restorative poses and a full relaxation. All 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&instructor\\_ids=7&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=7&viewMode=list)

## Thursday, May 18, 2023

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### Full Body Burn w/Taylor

Date and Time: Thursday, May 18 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.

**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&instructor\\_ids=20&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=20&viewMode=list)

## Friday, May 19, 2023

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### Toddler Time

Date and Time: Friday, May 19 9:00 am - 4:00 pm

Address: 9908 Penhorwood Street

Toddler Time is for ages 0-5 (free for 12 months & under), \$5.00 +GST per child

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

## High-Low Fit w/Rachel

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

Address: 9908 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&instructor\\_ids=18&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=18&viewMode=list)**

## Saturday, May 20, 2023

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### Active Yoga for Everybody w/Andrea

Date and Time: Saturday, May 20 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 and isometric standing postures to improve strength and stability. Once the body is ready, we will follow the breath to flow from one pose to the other. Enjoy restorative poses and a full-relaxation at the end. 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&instructor\\_ids=7&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=7&viewMode=list)**

### Zumba w/Karin

Date and Time: Saturday, May 20 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&instructor\\_ids=17&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=17&viewMode=list)

## Monday, May 22, 2023

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### Toddler Time

Date and Time: Monday, May 22 10:00 am - 3:30 pm

Address: 9908 Penhorwood Street

Toddler Time is for ages 0-5 (free for 12 months & under), \$5.00 +GST per child

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

### Pet Therapy

Date and Time: Monday, May 22 12:00 pm - 1:00 pm

Address: Elements, Keyano College Clearwater Campus, 8115 Franklin Avenue

Did you know that pet therapy can help bust stress, increase energy levels, and decrease depression? It's true! That's why our Wellness Services team has arranged for Pet Therapy sessions that will be open to both staff and students!

Pet Therapy will be held in Elements from 12:00 p.m. – 1:00 p.m. on the following dates:

- March 20
- April 3
- April 17 (start of exam week)
- April 24 (second last day of exam week)
- May 8
- May 22
- June 5
- June 19

## Tuesday, May 23, 2023

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## Playful Paws Session 5 (Tuesdays)

Date and Time: Tuesday, May 23 9:00 am - 10:00 am

Address: 9908 Penhorwood St

Start your child off on the right PAW! A physical literacy based program that 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.

Activity #6170

This session takes place every Tuesdays

Time: 9:30 am - 10:30 am

Dates: May 2 - June 13 (7 classes)

Cost: \$105.00 +GST

Link to register online: [https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1174?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1174?onlineSiteId=0&from_original_cui=true)

## Toddler Time

Date and Time: Tuesday, May 23 11:00 am - 4:00 pm

Address: 9908 Penhorwood Street

Toddler Time is for ages 0-5 (free for 12 months & under), \$5.00 +GST per child

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

## Cycle Strength w/Priscilla

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

Address: 9908 Penhorwood Street

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, end

ing 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.**

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

## Full Body Burn w/Taylor

Date and Time: Tuesday, May 23 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.

**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&instructor\\_ids=20&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=20&viewMode=list)

## Wednesday, May 24, 2023

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### Toddler Time

Date and Time: Wednesday, May 24 9:00 am - 2:00 pm

Address: 9908 Penhorwood Street

Toddler Time is for ages 0-5 (free for 12 months & under), \$5.00 +GST per child

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

### Step Fitness w/Amy



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

Address: 9908 Penhorwood Street

Step aerobics is a classic cardio workout. It's lasted for decades for a simple reason: it's fun. By offering an aerobic workout that is boosted with choreography and group motivation, step classes involve cardio conditioning on step benches and risers while performing choreographed routines to upbeat music; step patterns are broken down for both beginner and advanced steppers. The fast foot movements build stamina and burn and the number of calories you'll burn depends on how fast you move and step height, and length. Step is actually a whole-body workout. You will feel less fatigued due to high-energy music and working out with other friends in your class. This is an excellent cross-training class for all skill and fitness levels. You may be surprised to actually enjoy this classic class.

**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&instructor\\_ids=19&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=19&viewMode=list)

## Yoga & Weights w/Andrea

Date and Time: Wednesday, May 24 5:15 pm - 6:15 pm

Address: 9908 Penhorwood Street

This class has the benefits of yoga plus a 10-15mins light weights sequence. The purpose of this combination is to build strength, better posture and mindful movement. Ultimately, you will develop good long-term outcomes. End your practice with restorative poses and a full relaxation. All 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&instructor\\_ids=7&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=7&viewMode=list)

## Thursday, May 25, 2023

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### Full Body Burn w/Taylor

Date and Time: Thursday, May 25 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.

**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&instructor\\_ids=20&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=20&viewMode=list)

## **Friday, May 26, 2023**

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### **High-Low Fit w/Rachel**

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

Address: 9908 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&instructor\\_ids=18&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=18&viewMode=list)

### **Lecture Series: A collection of Inspirational Success stories of LINC Students at Keyano College**

Date and Time: Friday, May 26 7:00 pm - 8:30 pm

Address: Wood Buffalo Regional Library

Overachiever syndrome plagues many Newcomers to Canada. In fact, that is partially why they become immigrants. Because they want to achieve more than their previous situations enabled. In the LINC program students take the first step of achieving their unique long-term goals which starts with obtaining the English language. A long journey of leaving a variety of different situations and restarting anew. Ultimately, through perseverance, they hope to transfer their skills and ideas and make a positive impact. Their contributions are vital in our communities and the nation as a whole.

Admission is free, and no registration is required.

## **Saturday, May 27, 2023**

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### **Active Yoga for Everybody w/Andrea**

Date and Time: Saturday, May 27 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 and isometric standing postures to improve strength and stability. Once the body is ready, we will follow the breath to flow from one pose to the other. Enjoy restorative poses and a full-relaxation at the end. 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&instructor\\_ids=7&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=7&viewMode=list)

## **Zumba w/Karin**

Date and Time: Saturday, May 27 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&instructor\\_ids=17&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=17&viewMode=list)

## **Trent McClellan's Dirt Road Kid Comedy Tour**

Date and Time: Saturday, May 27 8:00 pm

Address: Keyano Theatre 8115 Franklin Avenue

Comedian Trent McClellan returns to Keyano Theatre for the first time in several years with his new Dirt Road Kid Comedy Tour. Trent takes you on a laugh filled trip through his unique childhood and our wild adulthoods! It shall be a night!

Rated:  
Mature

Date  
Saturday, May 27, 2023 @ 8:00 PM

Tickets  
Regular: \$41.50

## Sunday, May 28, 2023

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### Teen Weight Trainers

Date and Time: Sunday, May 28 12:00 pm - 2:00 pm

Address: 9908 Penhorwood St

This program introduces youth (teens), ages 13-15 to the foundations of weight training including machines, free weights and weight room etiquette. Graduates gain confidence, understanding of weight lifting and is a prerequisite to use the Fitness Centre. Teens working out in the fitness centre must keep his/her TWT ID card on hand at all times.

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&activity\\_other\\_category\\_ids=2&instructor\\_ids=20&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_other_category_ids=2&instructor_ids=20&viewMode=list)

### STRONG & Stretch w/Jenna

Date and Time: Sunday, May 28 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.

register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&instructor\\_ids=14&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=14&viewMode=list)

## Monday, May 29, 2023

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### Circuit Bootcamp w/Amy

Date and Time: Monday, May 29 12:10 pm - 12:50 pm

Address: 9908 Penhorwood Street

Work at your own pace as your instructor takes you through a series of both strength training and cardio movements that'll have you sweating and your muscles burning. Feel strong, powerful and accomplished as we work th

rough various circuits. All fitness level 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&instructor\\_ids=19&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=19&viewMode=list)

## **Zumba w/Karin**

Date and Time: Monday, May 29 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&instructor\\_ids=17&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=17&viewMode=list)

## **Tuesday, May 30, 2023**

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### **Winter 2023 - Final grades due/End of semester**

Date and Time: Tuesday, May 30 8:30 am

Address: Keyano College, 8115 Franklin ave.

Final grades due/End of Winter 2023 semester for Advanced Care Paramedic.

### **Playful Paws Session 5 (Tuesdays)**

Date and Time: Tuesday, May 30 9:00 am - 10:00 am

Address: 9908 Penhorwood St

Start your child off on the right PAW! A physical literacy based program that 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.

Activity #6170

This session takes place every Tuesdays

Time: 9:30 am - 10:30 am

Dates: May 2 - June 13 (7 classes)

Cost: \$105.00 +GST

Link to register online: [https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1174?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1174?onlineSiteId=0&from_original_cui=true)

## Toddler Time

Date and Time: Tuesday, May 30 11:00 am - 4:00 pm

Address: 9908 Penhorwood Street

Toddler Time is for ages 0-5 (free for 12 months & under), \$5.00 +GST per child

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

## Cycle Strength w/Priscilla

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

Address: 9908 Penhorwood Street

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.**

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

## Full Body Burn w/Taylor

Date and Time: Tuesday, May 30 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.

**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&instructor\\_ids=20&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=20&viewMode=list)

## Wednesday, May 31, 2023

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### Toddler Time

Date and Time: Wednesday, May 31 9:00 am - 2:00 pm

Address: 9908 Penhorwood Street

Toddler Time is for ages 0-5 (free for 12 months & under), \$5.00 +GST per child

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST!

Visit Guest Services to grab yours today.

Please note, Toddler Time is a parent-supervised drop-in program. Please monitor children entering this program. We want to ensure this is a safe & fun space for all to enjoy.

### Step Fitness w/Amy

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

Address: 9908 Penhorwood Street

Step aerobics is a classic cardio workout. It's lasted for decades for a simple reason: it's fun. By offering an aerobic workout that is boosted with choreography and group motivation, step classes involve cardio conditioning on step benches and risers while performing choreographed routines to upbeat music; step patterns are broken down for both beginner and advanced steppers. The fast foot movements build stamina and burn and the number of calories you'll burn depends on how fast you move and step height, and length. Step is actually a whole-body workout. You will feel less fatigued due to high-energy music and working out with other friends in your class. This is an excellent cross-training class for all skill and fitness levels. You may be surprised to actually enjoy this classic class.

**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&instructor\\_ids=19&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=19&viewMode=list)

## **Yoga & Weights w/Andrea**

Date and Time: Wednesday, May 31 5:15 pm - 6:15 pm

Address: 9908 Penhorwood Street

This class has the benefits of yoga plus a 10-15mins light weights sequence. The purpose of this combination is to build strength, better posture and mindful movement. Ultimately, you will develop good long-term outcomes . End your practice with restorative poses and a full relaxation. All 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&instructor\\_ids=7&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&instructor_ids=7&viewMode=list)

<https://calendar.keyano.ca>