

## Wednesday, June 1, 2022

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### AEP (2x/ week)

Date and Time: Wednesday, June 1 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: ACP (Y2 S6)

Date and Time: Wednesday, June 1 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

First Day of Class: ACP (Y2 S6)

### Library Closed

Date and Time: Wednesday, June 1 8:30 am

Address: 8115 Franklin Avenue

They Keyano College Library will be closed from June 1 to June 3.

### Staff Professional Development: No Classes

Date and Time: Wednesday, June 1 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

No classes.

## Toddler Time

Date and Time: Wednesday, June 1 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 12 months & under.

## POUND Rockout w/ Amy

Date and Time: Wednesday, June 1 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, June 1 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, June 2, 2022

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## Library Closed

Date and Time: Thursday, June 2 8:30 am

Address: 8115 Franklin Avenue

They Keyano College Library will be closed from June 1 to June 3.

## Toddler Time

Date and Time: Thursday, June 2 10:00 am - 3:30 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for 12 months & under.

## ViPR w/ Priscila

Date and Time: Thursday, June 2 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, June 2 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, June 3, 2022

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### Library Closed

Date and Time: Friday, June 3 8:30 am

Address: 8115 Franklin Avenue

They Keyano College Library will be closed from June 1 to June 3.

### Junior Huskies Basketball Camp (Grades 7-9)

Date and Time: Friday, June 3 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: Friday, June 3 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>

## **F•R•I•E•N•D•S**

Date and Time: Friday, June 3 6:00 pm

Address: Keyano Theatre, 8115 Franklin Avenue

YMM Dance Company presents our Season 4 Year End Recital: F•R•I•E•N•D•S.

**Rated:** All Ages

**Dates:**

Friday, June 3 @ 6pm

Saturday, June 4 @ 2pm

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

## **Saturday, June 4, 2022**

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### **Junior Huskies Basketball Camp (Grades 7-9)**

Date and Time: Saturday, June 4 12:00 am - 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>

### **Flow & restore Yoga w/ Andrea**

Date and Time: Saturday, June 4 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.**

## **Junior Huskies Basketball Camp (Grades 10-12)**

Date and Time: Saturday, June 4 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>

## **F•R•I•E•N•D•S**

Date and Time: Saturday, June 4 2:00 pm

Address: Keyano Theatre, 8115 Franklin Avenue

YMM Dance Company presents our Season 4 Year End Recital: F•R•I•E•N•D•S.

**Rated:** All Ages

**Dates:**

Friday, June 3 @ 6pm

Saturday, June 4 @ 2pm

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

## Sunday, June 5, 2022

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### STRONG & Stretch w/ Jenna

Date and Time: Sunday, June 5 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, June 6, 2022

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### AEP (2x/ week)

Date and Time: Monday, June 6 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>

### Last day to withdraw: Cert, Dipl, Univ, & College Prep

Date and Time: Monday, June 6 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

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

## Barre Above w/ Amy

Date and Time: Monday, June 6 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, June 6 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, June 7, 2022

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### Toddler Time

Date and Time: Tuesday, June 7 10:00 am - 4:30 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for 12 months & under.

### Cycle Strength w/ Priscilla

Date and Time: Tuesday, June 7 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 instru



ctor 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, June 8, 2022**

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### **AEP (2x/ week)**

Date and Time: Wednesday, June 8 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, June 8 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 12 months & under.

### **POUND Rockout w/ Amy**

Date and Time: Wednesday, June 8 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, June 8 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, June 9, 2022

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### Toddler Time

Date and Time: Thursday, June 9 10:00 am - 3:30 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for 12 months & under.

### ViPR w/ Priscila

Date and Time: Thursday, June 9 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, June 9 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, June 10, 2022

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### INSIDE-OUT

Date and Time: Friday, June 10 6:00 pm

Address: Keyano Theatre, 8115 Franklin Avenue

Join us for an exciting two days of dancing presented by our Studio! Our theme this season is INSIDE OUT which covers a wide range of activities and a great showcase of technical and creative dance. This year we present SHREK - A BALLET MUSICAL PRODUCTION! This will be unlike any of our previous ballet shows as it will entail strong character lip-sync along with a variety of interesting and fun characters. Our charity of choice this year is The Salvation Army. We will be offering all proceeds from our silent auction during the show to the organization. It's a much needed cause and we are so excited to once again support our community! Hope to see you all on the Inside!

**Rated:** All Ages

**Dates:**

Friday, June 10th @ 6pm

Saturday, June 11<sup>th</sup> @ 2pm

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

# Saturday, June 11, 2022

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## Flow & restore Yoga w/ Andrea

Date and Time: Saturday, June 11 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.**

## INSIDE-OUT

Date and Time: Saturday, June 11 2:00 pm

Address: Keyano Theatre, 8115 Franklin Avenue

Join us for an exciting two days of dancing presented by our Studio! Our theme this season is INSIDE OUT which covers a wide range of activities and a great showcase of technical and creative dance. This year we present SHREK - A BALLET MUSICAL PRODUCTION! This will be unlike any of our previous ballet shows as it will entail strong character lip-sync along with a variety of interesting and fun characters. Our charity of choice this year is The Salvation Army. We will be offering all proceeds from our silent auction during the show to the organization. It's a much needed cause and we are so excited to once again support our community! Hope to see you all on the Inside!

**Rated:** All Ages

**Dates:**

Friday, June 10th @ 6pm

Saturday, June 11<sup>th</sup> @ 2pm

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

# Sunday, June 12, 2022

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## STRONG & Stretch w/ Jenna

Date and Time: Sunday, June 12 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, June 13, 2022

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### AEP (2x/ week)

Date and Time: Monday, June 13 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, June 13 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, June 13 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, June 14, 2022**

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### **Toddler Time**

Date and Time: Tuesday, June 14 10:00 am - 4:30 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for 12 months & under.

### **Cycle Strength w/ Priscilla**

Date and Time: Tuesday, June 14 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, June 15, 2022**

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### **AEP (2x/ week)**

Date and Time: Wednesday, June 15 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, June 15 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 12 months & under.

## POUND Rockout w/ Amy

Date and Time: Wednesday, June 15 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, June 15 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, June 16, 2022

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## Toddler Time

Date and Time: Thursday, June 16 10:00 am - 3:30 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for 12 months & under.

## ViPR w/ Priscila

Date and Time: Thursday, June 16 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, June 16 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, June 17, 2022

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### Last day of classes: Cert, Dipl, Univ, & College Prep

Date and Time: Friday, June 17 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last day of classes for Spring 2022 semester: Certificate, Diploma, University Studies, & College Prep

## Saturday, June 18, 2022

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### Last day of class: Power Engineering

Date and Time: Saturday, June 18 8:30 am - 4:30 pm

Address: 8115 Franklin Avenue

Last day of class for Power Engineering Program

### Flow & restore Yoga w/ Andrea

Date and Time: Saturday, June 18 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.**

## Sunday, June 19, 2022

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### STRONG & Stretch w/ Jenna

Date and Time: Sunday, June 19 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, June 20, 2022

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### AEP (2x/ week)

Date and Time: Monday, June 20 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, June 20 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, June 20 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, June 21, 2022**

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### **ABSA Exam Date 3B2 & 4B**

Date and Time: Tuesday, June 21 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](mailto:powerengineering@keyano.ca)

### **Toddler Time**

Date and Time: Tuesday, June 21 10:00 am - 4:30 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for 12 months & under.

### **Cycle Strength w/ Priscilla**

Date and Time: Tuesday, June 21 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, June 22, 2022**

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## AEP (2x/ week)

Date and Time: Wednesday, June 22 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, June 22 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 12 months & under.

## POUND Rockout w/ Amy

Date and Time: Wednesday, June 22 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, June 22 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, June 23, 2022

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### Toddler Time

Date and Time: Thursday, June 23 10:00 am - 3:30 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for 12 months & under.

### ViPR w/ Priscila

Date and Time: Thursday, June 23 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, June 23 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, June 25, 2022

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### Flow & restore Yoga w/ Andrea

Date and Time: Saturday, June 25 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.**

## Sunday, June 26, 2022

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### STRONG & Stretch w/ Jenna

Date and Time: Sunday, June 26 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, June 27, 2022

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## Barre Above w/ Amy

Date and Time: Monday, June 27 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, June 27 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, June 28, 2022

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### Toddler Time

Date and Time: Tuesday, June 28 10:00 am - 4:30 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for 12 months & under.

### Cycle Strength w/ Priscilla

Date and Time: Tuesday, June 28 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, June 29, 2022**

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### **Toddler Time**

Date and Time: Wednesday, June 29 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 12 months & under.

### **POUND Rockout w/ Amy**

Date and Time: Wednesday, June 29 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, June 29 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, June 30, 2022**

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### **Toddler Time**



Date and Time: Thursday, June 30 10:00 am - 3:30 pm

Address: 9908 Penhorwood St

Toddler Time is for ages 0-3 & \$5.00 per child. It is free for 12 months & under.

## ViPR w/ Priscila

Date and Time: Thursday, June 30 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.**

<https://calendar.keyano.ca>