

Saturday, June 1, 2024

Active Yoga with Andrea

Date and Time: Saturday, June 1 10:00 am - 11:00 am

Address: 9908 Penhorwood St

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

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

All levels are welcome.

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Zumba Mix with Karin

Date and Time: Saturday, June 1 11:30 am - 12:30 pm

Address: 9908 Penhorwood St

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

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

E-Sports Birthday Party (12:00 pm - 2:30 pm)

Date and Time: Saturday, June 1 12:00 pm - 2:30 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours
- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and Nintendo Switch consoles

- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!
- Outside food and decorations permitted

Here is the link to book online for **June 1, 2024** from **12:00 pm - 2:30 pm** -
https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2259?onlineSiteId=0&from__original__cui=true

E-Sports Birthday Party

Date and Time: Saturday, June 1 3:00 pm - 5:30 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours
- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and Nintendo Switch consoles
- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!
- Outside food and decorations permitted

Here is the link to book online on **June 1, 2024** from **3:00 pm - 5:30 pm** -
https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2276?onlineSiteId=0&from__original__cui=true

Sunday, June 2, 2024

E-Sports Birthday Party

Date and Time: Sunday, June 2 12:00 pm - 2:30 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours
- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and Nintendo Switch consoles
- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!
- Outside food and decorations permitted

Here is the link to book online for **June 2, 2024** from **12:00 pm - 2:30 pm** -
https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2293?onlineSiteId=0&from__original__cui=true

E-Sports Birthday Party

Date and Time: Sunday, June 2 3:00 pm - 5:00 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours
- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and Nintendo Switch consoles
- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!
- Outside food and decorations permitted

Here is the link to book online for **June 2, 2024** from **3:00 pm - 5:00 pm**

- https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2309?onlineSiteId=0&from_original_cui=true

Monday, June 3, 2024

Toddler Time

Date and Time: Monday, June 3 8:00 am - 2:30 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

40-min Yoga Fix with Andrea

Date and Time: Monday, June 3 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

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

All levels are welcome.

PARTICIPANTS MUST CHECK-IN AT GUEST SERVICES TO RECEIVE CLASS TOKEN

Register online - <https://anc.ca.apm.activecommunities.com/keyano/activity/search?>

Zumba with Karin

Date and Time: Monday, June 3 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.

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Tuesday, June 4, 2024

Toddler Time

Date and Time: Tuesday, June 4 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

Rhythm Ride 40 with Priscilla

Date and Time: Tuesday, June 4 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

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

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

The instructor guides participants through a warm up, workout phase which includes some weights to tone those arms, ending with a cool down and stretch. You control the resistance on your bike to

make the pedaling as easy or difficult as you choose. Varied routines & music keeps things fresh.

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

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Full Body Burn W/ Taylor

Date and Time: Tuesday, June 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.

All fitness levels welcome!

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Wednesday, June 5, 2024

Time Management and Decision Making wit Keyano College (3 Parts)

Date and Time: Wednesday, June 5 12:00 pm - 1:00 pm

Address: Online

Three Parts, Wed. June 5, 12, & 19 – 12:00 p.m. - 1:00 p.m.

Improve your productivity and prioritize tasks. Learn tips and tricks to fight against procrastination and making quick decisions based on emotion.

[Register Online](#)

For more professional development opportunities, please visit the [Alumni Events webpage](#).

High-Low Fit with Rachel

Date and Time: Wednesday, June 5 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

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

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

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Chill Hips & Hamstrings with Matty

Date and Time: Wednesday, June 5 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

This class will focus on opening and strengthening areas of the body that support healthy hips and hamstrings. Beginning with a chill warm up of the body, we will then move into standing postures to warm and strengthen muscles.

At the end, we will settle to the floor getting deeper into the pelvic area with the use of props.

This will encourage and develop stability, functionality, flexibility and relaxation of your hips and hamstrings (the most over-used and tightest areas of the body).

Whether you spend a lot of time sitting, or you're an extreme athlete, this class is for you!

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&viewMode=list

Thursday, June 6, 2024

Toddler Time

Date and Time: Thursday, June 6 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

Core Power 40 with Priscilla

Date and Time: Thursday, June 6 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

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

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Full Body Burn W/Taylor

Date and Time: Thursday, June 6 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

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

All fitness levels welcome!

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Spring Yoga Flow with Nexcy

Date and Time: Thursday, June 6 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

This is easy yoga flow, discover the combination of physical and mental exercises, moving slowly through each pose, remembering to breathe as you move. The idea is to hold each pose for a few, slow breaths before moving to the next one. Be mindful, focus on relaxing the muscles, beginning with stretching poses, a lot of twist, sun salutations and ending with relaxation again

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Friday, June 7, 2024

Toddler Time

Date and Time: Friday, June 7 8:00 am - 3:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

High-Low Fit with Rachel

Date and Time: Friday, June 7 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&viewMode=list

Saturday, June 8, 2024

Active Yoga with Andrea

Date and Time: Saturday, June 8 10:00 am - 11:00 am

Address: 9908 Penhorwood St

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

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

All levels are welcome.

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Zumba Mix with Karin

Date and Time: Saturday, June 8 11:30 am - 12:30 pm

Address: 9908 Penhorwood St

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

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

E-Sports Birthday Party (12:00 - 2:30 pm)

Date and Time: Saturday, June 8 12:00 pm - 2:30 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours
- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and Nintendo Switch consoles
- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!
- Outside food and decorations permitted

Here is the link to book online for **June 8, 2024** from **12:00 pm - 2:30 pm** - https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2260?onlineSiteId=0&from_original_cui=true

E-Sports Birthday Party

Date and Time: Saturday, June 8 3:00 pm - 5:30 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours
- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and

Nintendo Switch consoles

- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!

- Outside food and decorations permitted

Here is the link to book online for **June 8, 2024** from **3:00 pm - 5:30 pm** -

https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2322?onlineSiteId=0&from_original_cui=true

Sunday, June 9, 2024

E-Sports Birthday Party

Date and Time: Sunday, June 9 12:00 pm - 2:30 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours

- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and Nintendo Switch consoles

- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!

- Outside food and decorations permitted

Here is the link to book online for **June 9, 2024** from **12:00 pm - 2:30 pm** -

https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2294?onlineSiteId=0&from_original_cui=true

Teen Weight Trainer

Date and Time: Sunday, June 9 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://www.keyano.ca/en/athletics-and-fitness/esports-camps.aspx>

E-Sports Birthday Party

Date and Time: Sunday, June 9 3:00 pm - 5:00 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours
- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and Nintendo Switch consoles
- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!
- Outside food and decorations permitted

Here is the link to book online for **June 9, 2024** from **3:00 pm - 5:30 pm** -

https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2310?onlineSiteId=0&from_original_cui=true

Monday, June 10, 2024

Toddler Time

Date and Time: Monday, June 10 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

40-min Yoga Fix with Andrea

Date and Time: Monday, June 10 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

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

All levels are welcome.

PARTICIPANTS MUST CHECK-IN AT GUEST SERVICES TO RECEIVE CLASS TOKEN

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Zumba with Karin

Date and Time: Monday, June 10 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.

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Tuesday, June 11, 2024

Toddler Time

Date and Time: Tuesday, June 11 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

Rhythm Ride 40 with Priscilla

Date and Time: Tuesday, June 11 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

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

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

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

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

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Full Body Burn W/ Taylor

Date and Time: Tuesday, June 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.

All fitness levels welcome!

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Wednesday, June 12, 2024

Time Management and Decision Making wit Keyano College (3 Parts)

Date and Time: Wednesday, June 12 12:00 pm - 1:00 pm

Address: Online

Three Parts, Wed. June 5, 12, & 19 – 12:00 p.m. - 1:00 p.m.

Improve your productivity and prioritize tasks. Learn tips and tricks to fight against procrastination and making quick decisions based on emotion.

[Register Online](#)

For more professional development opportunities, please visit the [Alumni Events webpage](#).

High-Low Fit with Rachel

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

Address: 908 Penhorwood St

HIGH Fitness is breaking the mold, and taking a bold, unique approach to group fitness – it's not fitness, it's HIGH Fitness. HIGH took Old School Aerobics and transformed it into a modern, heart pounding, fun, and effective

ve workout. Cardio and toning meet leg warmers with a side of air guitar.

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

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Chill Hips & Hamstrings with Matty

Date and Time: Wednesday, June 12 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

his class will focus on opening and strengthening areas of the body that support healthy hips and hamstrings. Beginning with a chill warm up of the body, we will then move into standing postures to warm and strengthen muscles.

At the end, we will settle to the floor getting deeper into the pelvic area with the use of props.

This will encourage and develop stability, functionality, flexibility and relaxation of your hips and hamstrings (the most over-used and tightest areas of the body).

Whether you spend a lot of time sitting, or you're an extreme athlete, this class is for you!

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&viewMode=list

Thursday, June 13, 2024

Toddler Time

Date and Time: Thursday, June 13 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

Core Power 40 with Priscilla

Date and Time: Thursday, June 13 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

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

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Full Body Burn W/Taylor

Date and Time: Thursday, June 13 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

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

All fitness levels welcome!

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Spring Yoga Flow with Nexcy

Date and Time: Thursday, June 13 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

This is easy yoga flow, discover the combination of physical and mental exercises, moving slowly through each pose, remembering to breathe as you move. The idea is to hold each pose for a few, slow breaths before moving to the next one. Be mindful, focus on relaxing the muscles, beginning with stretching poses, a lot of twist, sun salutations and ending with relaxation again

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Friday, June 14, 2024

Toddler Time

Date and Time: Friday, June 14 8:00 am - 9:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

High-Low Fit with Rachel

Date and Time: Friday, June 14 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&viewMode=list

Saturday, June 15, 2024

Active Yoga with Andrea

Date and Time: Saturday, June 15 10:00 am - 11:00 am

Address: 9908 Penhorwood St

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

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

All levels are welcome.

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Zumba Mix with Karin

Date and Time: Saturday, June 15 11:30 am - 12:30 pm

Address: 9908 Penhorwood St

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

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

E-Sports Birthday Party

Date and Time: Saturday, June 15 12:00 pm - 2:30 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours
- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and Nintendo Switch consoles
- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!
- Outside food and decorations permitted

Here is the link to book online for **June 15, 2024** from **12:00 pm - 2:30 pm** -

https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2261?onlineSiteId=0&from_original_cui=true

E-Sports Birthday Party

Date and Time: Saturday, June 15 3:00 pm - 5:30 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours
- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and Nintendo Switch consoles
- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!
- Outside food and decorations permitted

Here is the link to book online on **June 15, 2024** from **3:00 pm - 5:30 pm** -
[https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2277?
onlineSiteId=0&from__original__cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2277?onlineSiteId=0&from__original__cui=true)

Sunday, June 16, 2024

E-Sports Birthday Party

Date and Time: Sunday, June 16 12:00 pm - 2:30 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours
- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and Nintendo Switch consoles
- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!
- Outside food and decorations permitted

Here is the link to book online for **June 16, 2024** from **12:00 pm - 2:30 pm** -
[https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2295?
onlineSiteId=0&from__original__cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2295?onlineSiteId=0&from__original__cui=true)

E-Sports Birthday Party

Date and Time: Sunday, June 16 3:00 pm - 5:30 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours
- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and Nintendo Switch consoles
- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!
- Outside food and decorations permitted

Here is the link to book online for **June 16, 2024** from **3:00 pm - 5:30 pm** -
[https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2311?
onlineSiteId=0&from__original__cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2311?onlineSiteId=0&from__original__cui=true)

Monday, June 17, 2024

Toddler Time

Date and Time: Monday, June 17 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

40-min Yoga Fix with Andrea

Date and Time: Monday, June 17 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

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

All levels are welcome.

PARTICIPANTS MUST CHECK-IN AT GUEST SERVICES TO RECEIVE CLASS TOKEN

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Zumba with Karin

Date and Time: Monday, June 17 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.

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Tuesday, June 18, 2024

Toddler Time

Date and Time: Tuesday, June 18 8:00 am - 2:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

Rhythm Ride 40 with Priscilla

Date and Time: Tuesday, June 18 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

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

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

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

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

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Full Body Burn W/ Taylor

Date and Time: Tuesday, June 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.

All fitness levels welcome!

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Wednesday, June 19, 2024

Time Management and Decision Making wit Keyano College (3 Parts)

Date and Time: Wednesday, June 19 12:00 pm - 1:00 pm

Address: Online

Three Parts, Wed. June 5, 12, & 19 – 12:00 p.m. - 1:00 p.m.

Improve your productivity and prioritize tasks. Learn tips and tricks to fight against procrastination and making quick decisions based on emotion.

[Register Online](#)

For more professional development opportunities, please visit the [Alumni Events webpage](#).

High-Low Fit with Rachel

Date and Time: Wednesday, June 19 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

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

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

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Chill Hips & Hamstrings with Matty

Date and Time: Wednesday, June 19 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

This class will focus on opening and strengthening areas of the body that support healthy hips and hamstrings. Beginning with a chill warm up of the body, we will then move into standing postures to warm and strengthen muscles.

At the end, we will settle to the floor getting deeper into the pelvic area with the use of props. This will encourage and develop stability, functionality, flexibility and relaxation of your hips and hamstrings (the most over-used and tightest areas of the body). Whether you spend a lot of time sitting, or you're an extreme athlete, this class is for you!

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&viewMode=list

Thursday, June 20, 2024

Core Power 40 with Priscilla

Date and Time: Thursday, June 20 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

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

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Teen Weight Trainer

Date and Time: Thursday, June 20 4:30 pm - 6:30 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://www.keyano.ca/en/athletics-and-fitness/esports-camps.aspx>

Full Body Burn W/Taylor

Date and Time: Thursday, June 20 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

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

All fitness levels welcome!

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Spring Yoga Flow with Nexcy

Date and Time: Thursday, June 20 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

This is easy yoga flow, discover the combination of physical and mental exercises, moving slowly through each pose, remembering to breath as you move. The idea is to hold each pose for a few, slow breaths before moving to the next one. Be mindful, focus on relaxing the muscles, beginning with stretching poses, a lot of twist, suns salutations and ending with relaxation again

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Friday, June 21, 2024

High-Low Fit with Rachel

Date and Time: Friday, June 21 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&viewMode=list

Active Yoga with Andrea

Date and Time: Saturday, June 22 10:00 am - 11:00 am

Address: 9908 Penhorwood St

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

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

All levels are welcome.

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Zumba Mix with Karin

Date and Time: Saturday, June 22 11:30 am - 12:30 pm

Address: 9908 Penhorwood St

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

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

E-Sports Birthday Party

Date and Time: Saturday, June 22 12:00 pm - 2:30 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours.
- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and Nintendo Switch consoles.
- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!
- Outside food and decorations permitted.

Here is the link to book online from **June 22, 2024** from **12:00 pm - 2:30 pm** -
https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2262?onlineSiteId=0&from_original_cui=true

E-Sports Birthday Party

Date and Time: Saturday, June 22 3:00 pm - 5:30 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours
- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and Nintendo Switch consoles
- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!
- Outside food and decorations permitted

Here is the link to book online on **June 22, 2024** from **3:00 pm - 5:30 pm** -
https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2278?onlineSiteId=0&from_original_cui=true

Sunday, June 23, 2024

Teen Weight Trainer

Date and Time: Sunday, June 23 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://www.keyano.ca/en/athletics-and-fitness/esports-camps.aspx>

E-Sports Birthday Party

Date and Time: Sunday, June 23 12:00 pm - 2:30 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours
- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and Nintendo Switch consoles
- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!
- Outside food and decorations permitted

Here is the link to book online for June 23, 2024 from 12:00 pm - 2:30 pm -

https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2296?onlineSiteId=0&from__original__cui=true

E-Sports Birthday Party

Date and Time: Sunday, June 23 3:00 pm - 5:30 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours
- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and Nintendo Switch consoles
- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!
- Outside food and decorations permitted

Here is the link to book online for **June 23, 2024** from **3:00 pm - 5:30 pm** -

https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2312?onlineSiteId=0&from__original__cui=true

Monday, June 24, 2024

40-min Yoga Fix with Andrea

Date and Time: Monday, June 24 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

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

All levels are welcome.

PARTICIPANTS MUST CHECK-IN AT GUEST SERVICES TO RECEIVE CLASS TOKEN

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity__select__param=2&viewMode=list

Zumba with Karin

Date and Time: Monday, June 24 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.

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Tuesday, June 25, 2024

Rhythm Ride 40 with Priscilla

Date and Time: Tuesday, June 25 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

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

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

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

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

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Full Body Burn W/ Taylor

Date and Time: Tuesday, June 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.

All fitness levels welcome!

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Wednesday, June 26, 2024

High-Low Fit with Rachel

Date and Time: Wednesday, June 26 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

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

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

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Chill Hips & Hamstrings with Matty

Date and Time: Wednesday, June 26 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

This class will focus on opening and strengthening areas of the body that support healthy hips and hamstrings. Beginning with a chill warm up of the body, we will then move into standing postures to warm and strengthen muscles.

At the end, we will settle to the floor getting deeper into the pelvic area with the use of props.

This will encourage and develop stability, functionality, flexibility and relaxation of your hips and hamstrings (the most over-used and tightest areas of the body).

Whether you spend a lot of time sitting, or you're an extreme athlete, this class is for you!

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&viewMode=list

Thursday, June 27, 2024

Core Power 40 with Priscilla

Date and Time: Thursday, June 27 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

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

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Full Body Burn W/Taylor

Date and Time: Thursday, June 27 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

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

All fitness levels welcome!

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Spring Yoga Flow with Nexcy

Date and Time: Thursday, June 27 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

This is easy yoga flow, discover the combination of physical and mental exercises, moving slowly through each pose, remembering to breathe as you move. The idea is to hold each pose for a few, slow breaths before moving to the next one. Be mindful, focus on relaxing the muscles, beginning with stretching poses, a lot of twist, sun salutations and ending with relaxation again

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

Friday, June 28, 2024

Toddler Time

Date and Time: Friday, June 28 8:00 am - 9:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

10 Punches: \$45

High-Low Fit with Rachel

Date and Time: Friday, June 28 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&viewMode=list

Saturday, June 29, 2024

Active Yoga with Andrea

Date and Time: Saturday, June 29 10:00 am - 11:00 am

Address: 9908 Penhorwood St

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

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

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

Zumba Mix with Karin

Date and Time: Saturday, June 29 11:30 am - 12:30 pm

Address: 9908 Penhorwood St

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

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

Register online - https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&viewMode=list

E-Sports Birthday Party

Date and Time: Saturday, June 29 12:00 pm - 2:30 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours
- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and Nintendo Switch consoles
- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!
- Outside food and decorations permitted

Here is the link to book online for **June 29, 2024 from 12:00 pm - 2:30 pm** -
https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2263?onlineSiteId=0&from_original_cui=true

E-Sports Birthday Party

Date and Time: Saturday, June 29 3:00 pm - 5:30 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours
- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and Nintendo Switch consoles
- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!
- Outside food and decorations permitted

Here is the link to book online on **June 29, 2024** from **3:00 pm - 5:30 pm** -

https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2279?onlineSiteId=0&from__original__cui=true

Sunday, June 30, 2024

E-Sports Birthday Party

Date and Time: Sunday, June 30 12:00 pm - 2:30 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours
- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and Nintendo Switch consoles
- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!
- Outside food and decorations permitted

Here is the link to book online for **June 30, 2024** from **12:00 pm - 2:30 pm** -

https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2297?onlineSiteId=0&from__original__cui=true

E-Sports Birthday Party

Date and Time: Sunday, June 30 3:00 pm - 5:30 pm

Address: 8115 Franklin Ave

Consider booking your next birthday party with the SMG Builders Esports Arena!

Package includes:

- Private access to the Esports Arena for two and a half hours
- Twelve high-end gaming computer stations and Three console stations equipped with PlayStation 5 and Nintendo Switch consoles
- Free access to popular games such as: Fortnite, Among Us, Rocket League, Mario Kart, Super Smash Bros, NBA 2K, and more!
- Outside food and decorations permitted

Here is the link to book online for **June 30, 2024** from **3:00 pm - 5:00 pm** -
[https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2313?
onlineSiteId=0&from__original_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2313?onlineSiteId=0&from__original_cui=true)

<https://calendar.keyano.ca>