

## Monday, October 2, 2023

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### Flow Yoga w/ Andrea

Date and Time: Monday, October 2 12:10 pm - 12:50 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.**

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

### Zumba w/ Karin

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

Address: 9908 Penhorwood St

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

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## Tuesday, October 3, 2023

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### Drop-In Student Tech Support

Date and Time: Tuesday, October 3 12:00 pm - 1:00 pm

Address: Keyano College Library Computer Lab

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

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

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

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

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

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

## Cycle Strength w/ Priscilla

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

Address: 9908 Penhorwood St

This 40 min spin class is a great way to get in an effective workout, and is great for all ability levels. The instructor guides participants through a warm up, workout phase which includes some weights to tone those arms, ending with a cool down and stretch. Drills consist of steady states, up tempo cadences, sprints, endurance drills, and climbs, You control the resistance on your bike to make the pedaling as easy or difficult as you choose. Varied routines & music keeps things fresh. All you'll need is light workout clothes, a towel and a water bottle.

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

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## Full Body Burn w/ Taylor

Date and Time: Tuesday, October 3 5:00 pm - 6:00 pm

Address: 9908 Penhorwood St

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

All fitness levels welcome!

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

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

## Toddler Time

Date and Time: Wednesday, October 4 8:00 am - 4:00 pm

Address: 9908 Penhorwood street

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

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST! Visit Guest Services to grab yours today.

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

## Drop-In Student Tech Support

Date and Time: Wednesday, October 4 12:00 pm - 1:00 pm

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## High-Low Fit w/Rachel

Date and Time: Wednesday, October 4 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

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## **Yang Yin Yoga w/ Matty**

Date and Time: Wednesday, October 4 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

Yang/Yin Yoga blends two styles of yoga into one practice - bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures. Yin and Yang are the Taoist concepts which describe the two relative qualities present in everything. Yin is more internal, passive, cooling and downward.

While Yang is more external, dynamic, warming and upward.

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## **Thursday, October 5, 2023**

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### **Lunch and Learn: MLA 9 Style Citations**

Date and Time: Thursday, October 5 12:00 pm - 12:45 pm

Address: Library Computer Lab; Keyano College Library

Learn how to work with the MLA citation style before your first paper is due! Individual questions welcome.

This a free, drop-in workshop for Keyano College students.

### **Personal Branding**

Date and Time: Thursday, October 5 12:00 pm - 1:00 pm

Address: Keyano College 8115 Franklin Avenue

This employment skills workshop instructs students on how to prepare their marketing tools: resumes and cover letters.

r letters. Resume and cover letter writing is an essential skill for your job search. This workshop is designed to assist students with resume writing and cover letters tailored to each position that may lead to success in finding a job. A well-done resume and cover letter may mean an interview, and an interview gives you potential candidacy for a job.

[Register Now](#)

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## Arms-Booty-Core w/ Priscilla

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

Address: 9908 Penhorwood street

Arms, Booty, Core: Tone up these areas of your body with this 40 minute class.

We will strengthen your core, sculpt your arms & shape your glutes using a variety of portable equipment & weights.

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

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All fitness levels welcome!

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## Friday, October 6, 2023

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### Toddler Time

Date and Time: Friday, October 6 8:00 am - 8:00 pm

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we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST! Visit Guest Services to grab yours today.

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

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## Yoga Flow w/ Nexcy

Date and Time: Friday, October 6 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

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.

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

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

## Clue: On Stage

Date and Time: Friday, October 6 7:30 pm

Address: Keyano Theatre 8115 Franklin Avenue

Keyano Theatre Company Presents **Clue: On Stage**

Step into a world of mystery, suspense, and laughter as Keyano Theatre Company (KTC) proudly presents Clue: On Stage at Keyano Theatre!

This thrilling theatrical adaptation of the classic board game is a must-see event that will leave you on the edge of your seat. KTC's engaging production takes you on a thrilling journey through the mysterious Boddy Manor, where a murder has been committed. As the eccentric suspects gather in the opulent rooms, tension builds, and secrets are revealed. Every twist and turn will keep you on your toes, with unexpected revelations and witty one-liners that will have you laughing out loud. Will you be able to solve the crime before the final curtain falls?

Prepare for an evening filled with twists, turns, and unexpected surprises that will keep you guessing until the v

ery end.

**Performance Dates:**

Friday, October 6, 2023 - 7:30 pm  
Saturday, October 7, 2023 - 7:30 pm  
Thursday, October 12, 2023 - 7:30 pm  
Friday, October 13, 2023 - 7:30 pm  
Saturday, October 14, 2023 - 7:30 pm

**Ticket Prices:**

Regular - \$42  
Senior/Elder/Military - \$35  
Student - \$35

[Buy Tickets Now](#)

**Rated:**

Mature

## Saturday, October 7, 2023

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### Clue: On Stage

Date and Time: Saturday, October 7 7:30 pm

Address: Keyano Theatre 8115 Franklin Avenue

Keyano Theatre Company Presents **Clue: On Stage**

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This thrilling theatrical adaptation of the classic board game is a must-see event that will leave you on the edge of your seat. KTC's engaging production takes you on a thrilling journey through the mysterious Boddy Manor, where a murder has been committed. As the eccentric suspects gather in the opulent rooms, tension builds, and secrets are revealed. Every twist and turn will keep you on your toes, with unexpected revelations and witty one-liners that will have you laughing out loud. Will you be able to solve the crime before the final curtain falls?

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**Performance Dates:**

Friday, October 6, 2023 - 7:30 pm  
Saturday, October 7, 2023 - 7:30 pm  
Thursday, October 12, 2023 - 7:30 pm  
Friday, October 13, 2023 - 7:30 pm  
Saturday, October 14, 2023 - 7:30 pm

**Ticket Prices:**

Regular - \$42  
Senior/Elder/Military - \$35  
Student - \$35



[Buy Tickets Now](#)

**Rated:**

Mature

## Monday, October 9, 2023

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### Library Closed

Date and Time: Monday, October 9 12:00 am

Address: Keyano College Library

The Keyano College Library will be closed due to Thanksgiving.

### Holiday Hours

Date and Time: Monday, October 9 8:00 am - 8:00 pm

Address: 9908 Penhorwood street

Our facility will be open on Thanksgiving, October 9, from 8:00 am - 8:00 pm.

Hours of operation will resume on Tuesday, October 10, from 5:00 am - 11:00 pm.

### College Closed: Thanksgiving

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

Address: Keyano College 8115 Franklin Avenue

The College will be closed for Thanksgiving. Thanksgiving or Thanksgiving Day, is an annual Canadian holiday and harvest festival, held on the second Monday in October, which celebrates the harvest and other blessings of the past year.

### Toddler Time

Date and Time: Monday, October 9 9:00 am - 4:00 pm

Address: 9908 Penhorwood street

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we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST! Visit Guest Services to grab yours today.

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## **Tuesday, October 10, 2023**

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

**Date and Time:** Tuesday, October 10 12:00 pm - 1:00 pm

**Address:** Keyano College Library Computer Lab

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

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

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

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

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

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

### **Interview Skills**

**Date and Time:** Tuesday, October 10 12:00 pm - 1:00 pm

**Address:** Keyano College 8115 Franklin Avenue

This pre-employment workshop instructs students on how to prepare for an interview. Being able to communicate your assets to a potential employer during an interview is an essential skill for your job search. The Interview Strategies Workshop is designed to assist students with developing appropriate self-marketing skills which will take the student to the next level – a job offer.

[Register Now](#)

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

**Date and Time:** Tuesday, October 10 12:10 pm - 12:50 pm

**Address:** 9908 Penhorwood St

This 40 min spin class is a great way to get in an effective workout, and is great for all ability levels. The instructor guides participants through a warm up, workout phase which includes some weights to tone those arms, ending with a cool down and stretch. Drills consist of steady states, up tempo cadences, sprints, endurance drills, a

nd 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.

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## Full Body Burn w/ Taylor

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

Address: 9908 Penhorwood St

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.

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## Wednesday, October 11, 2023

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### Toddler Time

Date and Time: Wednesday, October 11 8:00 am - 4:00 pm

Address: 9908 Penhorwood street

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

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST! Visit Guest Services to grab yours today.

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## High-Low Fit w/Rachel

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

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## Yang Yin Yoga w/ Matty

Date and Time: Wednesday, October 11 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

Yang/Yin Yoga blends two styles of yoga into one practice - bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures. Yin and Yang are the Taoist concepts which describe the two relative qualities present in everything. Yin is more internal, passive, cooling and downward. While Yang is more external, dynamic, warming and upward.

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

## Sarah Hagen - Perk Up, Pianist

Date and Time: Wednesday, October 11 7:30 pm

Address: Keyano Theatre 8115 Franklin Avenue

### **Keyano & Syncrude Arts Alive present "Perk up, pianist!": A Musical Comedy Extravaganza**

Get ready for a hilarious and heartfelt journey into the world of a classical musician in the uproarious concert series presented by Keyano Theatre & Syncrude Arts Alive.

"Perk up, pianist!": A Musical Comedy Extravaganza. Award-winning pianist and comedic genius, Sarah Hagen, takes center stage in this one-of-a-kind concert experience. Sarah Hagen shares delightful anecdotes while tickling the ivories, providing an inside look into the life of a touring classical musician.

"Perk up, pianist!" is the result of Sarah Hagen's transformation from a concert pianist to a side-splitting comedian, combining her two passions into a must-see performance. Sarah Hagen is an acclaimed concert pianist renowned for her virtuosic performances and unique ability to connect with audiences through her comedic charm.

#### **Genre:**

Classical music infused with hilarious stand-up comedy.

#### **Date & Venue:**

Friday, October 11, 7:30 pm, Keyano Recital Theatre.

#### **Ticket Prices:**

Regular: \$35

Senior/Elder/Military/Student: \$30

[Buy Tickets now](#)

## Thursday, October 12, 2023

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### Toddler Time

Date and Time: Thursday, October 12 8:00 am - 4:00 pm

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## Professional Portfolio

Date and Time: Thursday, October 12 12:00 pm - 1:00 pm

Address: Keyano College 8115 Franklin Avenue

This pre-employment workshop instructs students on how to create a professional portfolio, whether it be a physical binder or an electronic version. This workshop will teach students what items to include in their portfolio, how to showcase their experience and employment history, and the benefit having a portfolio has when meeting with employers.

## Arms-Booty-Core w/ Priscilla

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

Address: 9908 Penhorwood street

Arms, Booty, Core: Tone up these areas of your body with this 40 minute class.

We will strengthen your core, sculpt your arms & shape your glutes using a variety of portable equipment & weights.

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

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Saturday, October 14, 2023 - 7:30 pm

### Ticket Prices:

Regular - \$42

Senior/Elder/Military - \$35

Student - \$35

[Buy Tickets Now](#)

### Rated:

Mature

# Friday, October 13, 2023

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

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

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

## Yoga Flow w/ Nexcy

Date and Time: Friday, October 13 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street



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

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

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

## Clue: On Stage

Date and Time: Friday, October 13 7:30 pm

Address: Keyano Theatre 8115 Franklin Avenue

Keyano Theatre Company Presents **Clue: On Stage**

Step into a world of mystery, suspense, and laughter as Keyano Theatre Company (KTC) proudly presents Clue: On Stage at Keyano Theatre!

This thrilling theatrical adaptation of the classic board game is a must-see event that will leave you on the edge of your seat. KTC's engaging production takes you on a thrilling journey through the mysterious Boddy Manor, where a murder has been committed. As the eccentric suspects gather in the opulent rooms, tension builds, and secrets are revealed. Every twist and turn will keep you on your toes, with unexpected revelations and witty one-liners that will have you laughing out loud. Will you be able to solve the crime before the final curtain falls?

Prepare for an evening filled with twists, turns, and unexpected surprises that will keep you guessing until the very end.

### Performance Dates:

Friday, October 6, 2023 - 7:30 pm

Saturday, October 7, 2023 - 7:30 pm

Thursday, October 12, 2023 - 7:30 pm

Friday, October 13, 2023 - 7:30 pm

Saturday, October 14, 2023 - 7:30 pm

### Ticket Prices:

Regular - \$42

Senior/Elder/Military - \$35

Student - \$35

[Buy Tickets Now](#)

### Rated:

Mature

## Saturday, October 14, 2023

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Active Yoga for Everybody w/ Andrea

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

Address: 9908 Penhorwood street

This class is designed to keep body and breath active throughout the practice. Class starts with a warm-up and isometric standing postures to improve strength and stability. Once the body is ready, we will follow the breath to flow from one pose to the other. Enjoy restorative poses and a full-relaxation at the end. All levels are welcome.

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

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

## **Zumba Mix w/ Karin**

Date and Time: Saturday, October 14 11:30 am - 12:30 pm

Address: 9908 Penhorwood street

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

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

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

## **Keyano College Open House**

Date and Time: Saturday, October 14 11:30 am - 3:30 pm

Address: Keyano College 8115 Franklin Avenue

Are you curious about what Keyano College has to offer? If so, join us at our Open House at Keyano College! We will have faculty from Trades & Technology, Health & Human Services, and the School of University Studies & Academic Upgrading to answer all your questions. You will get a sneak peek into the College and its stellar amenities, including the new Esports Arena, as well as all the services Keyano provides!

**Date:** Saturday, October 14, 2023

**Time:** 11:30 a.m. - 3:30 p.m.

## **Clue: On Stage**

Date and Time: Saturday, October 14 7:30 pm

Address: Keyano Theatre 8115 Franklin Avenue

Keyano Theatre Company Presents **Clue: On Stage**

Step into a world of mystery, suspense, and laughter as Keyano Theatre Company (KTC) proudly presents Clue: On Stage at Keyano Theatre!

This thrilling theatrical adaptation of the classic board game is a must-see event that will leave you on the edge of your seat. KTC's engaging production takes you on a thrilling journey through the mysterious Boddy Manor, where a murder has been committed. As the eccentric suspects gather in the opulent rooms, tension builds, and secrets are revealed. Every twist and turn will keep you on your toes, with unexpected revelations and witty one-liners that will have you laughing out loud. Will you be able to solve the crime before the final curtain falls?

Prepare for an evening filled with twists, turns, and unexpected surprises that will keep you guessing until the very end.

**Performance Dates:**

Friday, October 6, 2023 - 7:30 pm

Saturday, October 7, 2023 - 7:30 pm

Thursday, October 12, 2023 - 7:30 pm

Friday, October 13, 2023 - 7:30 pm

Saturday, October 14, 2023 - 7:30 pm

**Ticket Prices:**

Regular - \$42

Senior/Elder/Military - \$35

Student - \$35

[Buy Tickets Now](#)

**Rated:**

Mature

## Monday, October 16, 2023

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### Drop-In Student Tech Support

Date and Time: Monday, October 16 12:00 pm - 1:00 pm

Address: Keyano College Library Computer Lab

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

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

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

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

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

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

## Flow Yoga w/ Andrea

Date and Time: Monday, October 16 12:10 pm - 12:50 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.**

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

## Zumba w/ Karin

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

Address: 9908 Penhorwood St

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

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

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

## Tuesday, October 17, 2023

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### Toddler Time

Date and Time: Tuesday, October 17 8:00 am - 4:00 pm

Address: 9908 Penhorwood street

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

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST! Visit Guest Services to grab yours today.

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

## Drop-In Student Tech Support

Date and Time: Tuesday, October 17 12:00 pm - 1:00 pm

Address: Keyano College Library Computer Lab

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

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

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

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

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

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

## Networking & Communication

Date and Time: Tuesday, October 17 12:00 pm - 1:00 pm

Address: Keyano College 8115 Franklin Avenue

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

[Register Now](#)

## Cycle Strength w/ Priscilla

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

Address: 9908 Penhorwood St

This 40 min spin class is a great way to get in an effective workout, and is great for all ability levels. The instructor guides participants through a warm up, workout phase which includes some weights to tone those arms, ending with a cool down and stretch. Drills consist of steady states, up tempo cadences, sprints, endurance drills, and climbs. You control the resistance on your bike to make the pedaling as easy or difficult as you choose. Varied routines & music keeps things fresh. All you'll need is light workout clothes, a towel and a water bottle.

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

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

## Full Body Burn w/ Taylor

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

Address: 9908 Penhorwood St

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

All fitness levels welcome!

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

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

## Wednesday, October 18, 2023

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### Toddler Time

Date and Time: Wednesday, October 18 8:00 am - 4:00 pm

Address: 9908 Penhorwood street

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

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST! Visit Guest Services to grab yours today.

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

### Drop-In Student Tech Support

Date and Time: Wednesday, October 18 12:00 pm - 1:00 pm

Address: Keyano College Library Computer Lab

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

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

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

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

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

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

## High-Low Fit w/Rachel

Date and Time: Wednesday, October 18 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&activity\\_keyword=high&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=high&viewMode=list)

## Yang Yin Yoga w/ Matty

Date and Time: Wednesday, October 18 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

Yang/Yin Yoga blends two styles of yoga into one practice - bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures. Yin and Yang are the Taoist concepts which describe the two relative qualities present in everything. Yin is more internal, passive, cooling and downward.

While Yang is more external, dynamic, warming and upward.

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

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

## Toddler Time

Date and Time: Thursday, October 19 8:00 am - 4:00 pm

Address: 9908 Penhorwood street

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

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST! Visit Guest Services to grab yours today.

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

## Drop-In Student Tech Support

Date and Time: Thursday, October 19 12:00 pm - 1:00 pm

Address: Keyano College Library Computer Lab

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

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

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

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

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

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

## Arms-Booty-Core w/ Priscilla

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

Address: 9908 Penhorwood street

Arms, Booty, Core: Tone up these areas of your body with this 40 minute class.

We will strengthen your core, sculpt your arms & shape your glutes using a variety of portable equipment & weights.



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

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

## Full Body Burn w/ Taylor

Date and Time: Thursday, October 19 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

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

All fitness levels welcome!

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

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

## Friday, October 20, 2023

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### Drop-In Student Tech Support

Date and Time: Friday, October 20 12:00 pm - 1:00 pm

Address: Keyano College Library Computer Lab

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

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

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

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

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

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

### High-Low Fit w/ Rachel

Date and Time: Friday, October 20 12:10 pm - 12:50 pm

Address: 9908 Penhorwood street

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

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

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

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

## Yoga Flow w/ Nexcy

Date and Time: Friday, October 20 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

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.

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

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

## Saturday, October 21, 2023

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### Active Yoga for Everybody w/ Andrea

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

Address: 9908 Penhorwood street

This class is designed to keep body and breath active throughout the practice. Class starts with a warm-up and isometric standing postures to improve strength and stability. Once the body is ready, we will follow the breath to flow from one pose to the other. Enjoy restorative poses and a full-relaxation at the end. All levels are welcome.

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

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

## Zumba Mix w/ Karin

Date and Time: Saturday, October 21 11:30 am - 12:30 pm

Address: 9908 Penhorwood street

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

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

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

## Best Kind Comedy Tour

Date and Time: Saturday, October 21 8:00 pm

Address: Keyano Theatre 8115 Franklin Avenue

The 5th annual Best Kind Comedy Tour is taking a brand new show back on the road with over 50 dates across the country! The tour features three of Newfoundland's top comics; Mike Lynch, Colin Hollett, and Brian Aylward. Don't miss them in Fort Mac for one night only!

Rated  
Mature

Date  
Saturday, October 21, 2023 @ 8:00 PM

Tickets  
Regular - \$45

## Monday, October 23, 2023

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### Toddler Time

Date and Time: Monday, October 23 8:00 am - 4:00 pm

Address: 9908 Penhorwood street

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

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST! Visit Guest Services to grab yours today.

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

## Drop-In Student Tech Support

Date and Time: Monday, October 23 12:00 pm - 1:00 pm

Address: Keyano College Library Computer Lab

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

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

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

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

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

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

## Flow Yoga w/ Andrea

Date and Time: Monday, October 23 12:10 pm - 12:50 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.**

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

## Zumba w/ Karin

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

Address: 9908 Penhorwood St

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

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

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

## Tuesday, October 24, 2023

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### Networking Event

Date and Time: Tuesday, October 24 12:00 pm - 1:00 pm

Address: Keyano College 8115 Franklin Avenue

This pre-employment workshop provides an opportunity for students to practice networking, communication, and other workplace skills in a positive learning environment. The Networking Event Workshop is designed to assist students with developing appropriate communication skills to succeed in networking situations.

[Register Now](#)

### Drop-In Student Tech Support

Date and Time: Tuesday, October 24 12:00 pm - 1:00 pm

Address: Keyano College Library Computer Lab

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

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

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

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

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

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

### Cycle Strength w/ Priscilla

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

Address: 9908 Penhorwood St

This 40 min spin class is a great way to get in an effective workout, and is great for all ability levels. The instructor guides participants through a warm up, workout phase which includes some weights to tone those arms, ending with a cool down and stretch. Drills consist of steady states, up tempo cadences, sprints, endurance drills, a

nd climbs, You control the resistance on your bike to make the pedaling as easy or difficult as you choose. Varied routines & music keeps things fresh. All you'll need is light workout clothes, a towel and a water bottle.

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

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

## Full Body Burn w/ Taylor

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

Address: 9908 Penhorwood St

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

All fitness levels welcome!

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

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

## Wednesday, October 25, 2023

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### Toddler Time

Date and Time: Wednesday, October 25 8:00 am - 4:00 pm

Address: 9908 Penhorwood street

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

we sell 10 punch passes for Toddler Time! Get 10 punches for the price of 9 - \$45.00 +GST! Visit Guest Services to grab yours today.

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

### Drop-In Student Tech Support

Date and Time: Wednesday, October 25 12:00 pm - 1:00 pm

Address: Keyano College Library Computer Lab

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

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

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

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

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

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

## High-Low Fit w/Rachel

Date and Time: Wednesday, October 25 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&activity\\_keyword=high&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=high&viewMode=list)

## Yang Yin Yoga w/ Matty

Date and Time: Wednesday, October 25 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

Yang/Yin Yoga blends two styles of yoga into one practice - bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures. Yin and Yang are the Taoist concepts which describe the two relative qualities present in everything. Yin is more internal, passive, cooling and downward.

While Yang is more external, dynamic, warming and upward.

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

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

## Thursday, October 26, 2023

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### Digital Literacy

Date and Time: Thursday, October 26 12:00 pm - 1:00 pm

Address: Keyano College 8115 Franklin Avenue

This pre-employment workshop instructs students on the importance of creating professional social media platforms, cleaning up their digital image and how to set them up to be attractive to employers. Students will learn how to be confident in front of a camera, how to stage their room, angle their camera and virtual communication skills.

[Register Now](#)

### Lunch and Learn: APA 7 Style Citations

Date and Time: Thursday, October 26 12:00 pm - 12:45 pm

Address: Library Computer Lab; Keyano College Library

Learn how to work with the APA citation style before your first paper is due! Individual questions welcome.

This a free, drop-in workshop for Keyano College students.

### Drop-In Student Tech Support

Date and Time: Thursday, October 26 12:00 pm - 1:00 pm

Address: Keyano College Library Computer Lab

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

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

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

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

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

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



## Arms-Booty-Core w/ Priscilla

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

Address: 9908 Penhorwood street

Arms, Booty, Core: Tone up these areas of your body with this 40 minute class.

We will strengthen your core, sculpt your arms & shape your glutes using a variety of portable equipment & weights.

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

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

## Full Body Burn w/ Taylor

Date and Time: Thursday, October 26 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

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

All fitness levels welcome!

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

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

## Friday, October 27, 2023

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### Career Services - Professional Photo

Date and Time: Friday, October 27 8:30 am

Address: Keyano College 8115 Franklin Avenue

This pre-employment session gives students an opportunity to get their professional photo taken. This photo can be used on their social media platforms when applying for positions and as their headshot on their LinkedIn profile.

le page.

[Register Now](#)

## Drop-In Student Tech Support

Date and Time: Friday, October 27 12:00 pm - 1:00 pm

Address: Keyano College Library Computer Lab

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

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

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

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

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

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

## High-Low Fit w/ Rachel

Date and Time: Friday, October 27 12:10 pm - 12:50 pm

Address: 9908 Penhorwood street

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

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

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

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

## Yoga Flow w/ Nexcy

Date and Time: Friday, October 27 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

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 holds 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.

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

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

## **Saturday, October 28, 2023**

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

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

Address: 9908 Penhorwood street

This class is designed to keep body and breath active throughout the practice. Class starts with a warm-up and isometric standing postures to improve strength and stability. Once the body is ready, we will follow the breath to flow from one pose to the other. Enjoy restorative poses and a full-relaxation at the end. All levels are welcome.

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

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

### **Zumba Mix w/ Karin**

Date and Time: Saturday, October 28 11:30 am - 12:30 pm

Address: 9908 Penhorwood street

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

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

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

## **Monday, October 30, 2023**

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

Date and Time: Monday, October 30 12:00 pm - 1:00 pm

Address: Keyano College Library Computer Lab

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

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

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

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

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

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

## Flow Yoga w/ Andrea

Date and Time: Monday, October 30 12:10 pm - 12:50 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.**

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

## Zumba w/ Karin

Date and Time: Monday, October 30 6:30 pm - 7:30 pm

Address: 9908 Penhorwood St

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

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

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

# Tuesday, October 31, 2023

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## Workplace Basics

Date and Time: Tuesday, October 31 12:00 pm - 1:00 pm

Address: Keyano College 8115 Franklin Avenue

This pre-employment workshop instructs students on how to prepare to succeed at a new place of employment. The Workplace Basics Workshop is designed to assist students with developing appropriate skills for identifying and understanding workplace culture, developing workplace skills and attitude, learning to adjust work-related expectations, and mastering “new job” skills.

[Register Now](#)

## Drop-In Student Tech Support

Date and Time: Tuesday, October 31 12:00 pm - 1:00 pm

Address: Keyano College Library Computer Lab

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

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

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

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

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

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

## Cycle Strength w/ Priscilla

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

Address: 9908 Penhorwood St

This 40 min spin class is a great way to get in an effective workout, and is great for all ability levels. The instructor guides participants through a warm up, workout phase which includes some weights to tone those arms, ending with a cool down and stretch. Drills consist of steady states, up tempo cadences, sprints, endurance drills, and climbs. You control the resistance on your bike to make the pedaling as easy or difficult as you choose. Varied routines & music keeps things fresh. All you'll need is light workout clothes, a towel and a water bottle.

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

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

## Keyano Kreeep

Date and Time: Tuesday, October 31 1:30 pm - 4:00 pm

Address: Keyano College 8115 Franklin Avenue

🎃 Keyano Kreeep is back! 🎃

Get ready for a spooktacular Halloween event as Keyano College brings back the much-awaited Keyano Kreeep to the community! We are thrilled to invite you to bring your little ones to join us for an afternoon of indoor trick-or-treating on October 31 from 1:30 p.m. to 4:00 p.m. 🕷️👻

📱 RSVP now to stay updated with event details. We can't wait to see you there! 🎃🕷️

## Full Body Burn w/ Taylor

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

Address: 9908 Penhorwood St

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

All fitness levels welcome!

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

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

<https://calendar.keyano.ca>