

Tuesday, November 1, 2022

Cycle Strength with Priscilla

Date and Time: Tuesday, November 1 12:10 pm - 12:50 pm

Address: 9908 Penhorwood Street

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

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

Register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_category_ids=16&viewMode=list

AEP Training - Fall Session 2 (Tues-Thurs)

Date and Time: Tuesday, November 1 5:30 pm - 6:30 pm

Address: 9908 Penhorwood St

Athletic Enhancement Program (AEP) is a strength & conditioning program dedicated for young athletes. It is designed to help equip young athletes with skills to have a successful season. Register today!

Activity #6162

November 1 - December 15 (14 classes)

Time: 5:30 pm - 6:30 pm

Cost: \$280 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1166?onlineSiteId=0&from_original_cui=true

Wednesday, November 2, 2022

AEP Training - Fall Session 2 (Mon & Wed)

Date and Time: Wednesday, November 2 6:00 am - 7:00 am

Address: 9908 Penhorwood St

Athletic Enhancement Program (AEP) is a strength & conditioning program dedicated for young athletes. It is designed to help equip young athletes with skills to have a successful season. Register today!

Activity #6163

October 31 - December 14 (14 Classes)

Time: 6:00 - 7:00 am

Cost: \$280.00 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1167?onlineSiteId=0&from_original_cui=true

Playful Paws Session 2 (Wednesdays)

Date and Time: Wednesday, November 2 3:00 pm - 4:00 pm

Address: 9908 Penhorwood St

Start your child off on the right PAW! A physical literacy based program that encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation.

Activity #6175

This session takes place every Wednesday

Time: 3:00 pm - 4:00 pm

Dates: November 2 - November 30 (5 classes)

Cost: \$75.00 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1179?onlineSiteId=0&from_original_cui=true

Yoga & Weights

Date and Time: Wednesday, November 2 5:15 pm - 6:15 pm

Address: 9908 Penhorwood Street

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_category_ids=16&viewMode=list

Thursday, November 3, 2022

AEP Training - Fall Session 2 (Tues-Thurs)

Date and Time: Thursday, November 3 5:30 pm - 6:30 pm

Address: 9908 Penhorwood St

Athletic Enhancement Program (AEP) is a strength & conditioning program dedicated for young athletes. It is designed to help equip young athletes with skills to have a successful season. Register today!

Activity #6162

November 1 - December 15 (14 classes)

Time: 5:30 pm - 6:30 pm

Cost: \$280 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1166?onlineSiteId=0&from_original_cui=true

Saturday, November 5, 2022

Flow & Restore Yoga

Date and Time: Saturday, November 5 10:00 am - 11:00 am

Address: 9908 Penhorwood Street

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&activity_category_ids=16&viewMode=list

Fitness Centre closed for Gala

Date and Time: Saturday, November 5 12:00 pm - 10:00 pm

Address: SSWC

SSWC will be closed on Saturday, November 5 at 12:00 p.m.

and reopening on Sunday, November 6 at 8:00 a.m.

Sunday, November 6, 2022

Fitness Centre closed for Gala

Date and Time: Sunday, November 6 12:00 am - 8:00 am

Address: SSWC

SSWC will be closed on Saturday, November 5 at 12:00 p.m.

and reopening on Sunday, November 6 at 8:00 a.m.

STRONG & Stretch

Date and Time: Sunday, November 6 7:00 pm - 8:00 pm

Address: 9908 Penhorwood Street

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

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

Register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_category_ids=16&viewMode=list

Monday, November 7, 2022

AEP Training - Fall Session 2 (Mon & Wed)

Date and Time: Monday, November 7 6:00 am - 7:00 am

Address: 9908 Penhorwood St

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Activity #6163

October 31 - December 14 (14 Classes)

Time: 6:00 - 7:00 am

Cost: \$280.00 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1167?onlineSiteId=0&from_original_cui=true

POUND Rockout with Amy

Date and Time: Monday, November 7 12:10 pm - 12:50 pm

Address: 9908 Penhorwood Street

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

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

Register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_category_ids=16&viewMode=list

Zumba with Karin

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

Address: 9908 Penhorwood Street

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

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

Register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_category_ids=16&viewMode=list

Tuesday, November 8, 2022

Research Refresher: Education

Date and Time: Tuesday, November 8 12:00 pm - 12:45 pm

Address: 8115 Franklin Avenue, Fort McMurray, AB T9H2H7

The Keyano Library will be hosting a Research Refresher workshop for those in Educational programs on Tuesday, November 8 in the Library Computer Lab from 12:00 p.m. to 12:45 p.m.

Cycle Strength with Priscilla

Date and Time: Tuesday, November 8 12:10 pm - 12:50 pm

Address: 9908 Penhorwood Street

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

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Register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_category_ids=16&viewMode=list

AEP Training - Fall Session 2 (Tues-Thurs)

Date and Time: Tuesday, November 8 5:30 pm - 6:30 pm

Address: 9908 Penhorwood St

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Time: 5:30 pm - 6:30 pm

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THE PIANO MEN - STARRING JIM WITTER

Date and Time: Tuesday, November 8 8:00 pm

Address: Keyano Theatre 8115 Franklin Avenue

Jim Witter has been entertaining crowds for over 30 years. He is coming to Keyano Theatre with The Piano Men, a show paying homage and celebrating the amazing music that came out of the 70s. He'll be highlighting hits from Billy Joel, Elton John, and of course, many of his chart toppers. In 2001, Jim came up with the concept for the show, and this multi-media rock musical has turned out to be a hit, receiving rave reviews from music critics across North America. The show has even travelled overseas to Dubai, England, Scotland and the Netherlands.

Don't miss out on the musical celebration and witnessing Jim's infectious energy and personality that has provided the opportunity for him to entertain internationally!

Rated:

All Ages

Date:

Tuesday, November 8 - 8:00 pm

Tickets:

Regular: \$35

Student/Senior/Military: \$30

Wednesday, November 9, 2022

AEP Training - Fall Session 2 (Mon & Wed)

Date and Time: Wednesday, November 9 6:00 am - 7:00 am

Address: 9908 Penhorwood St

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Activity #6163

October 31 - December 14 (14 Classes)

Time: 6:00 - 7:00 am

Cost: \$280.00 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1167?onlineSiteId=0&from_original_cui=true

Toddler Time

Date and Time: Wednesday, November 9 8:00 am - 1:30 pm

Address: 9908 Penhorwood Street

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

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

Visit Guest Services to grab yours today.

Playful Paws Session 2 (Wednesdays)

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

Address: 9908 Penhorwood St

Start your child off on the right PAW! A physical literacy based program that encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation.

Activity #6175

This session takes place every Wednesday

Time: 3:00 pm - 4:00 pm

Dates: November 2 - November 30 (5 classes)

Cost: \$75.00 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1179?onlineSiteId=0&from_original_cui=true

Yoga & Weights

Date and Time: Wednesday, November 9 5:15 pm - 6:15 pm

Address: 9908 Penhorwood Street

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_category_ids=16&viewMode=list

Thursday, November 10, 2022

AEP Training - Fall Session 2 (Tues-Thurs)

Date and Time: Thursday, November 10 5:30 pm - 6:30 pm

Address: 9908 Penhorwood St

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Activity #6162

November 1 - December 15 (14 classes)

Time: 5:30 pm - 6:30 pm

Cost: \$280 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1166?onlineSiteId=0&from_original_cui=true

Friday, November 11, 2022

Holiday Hours

Date and Time: Friday, November 11 8:00 am - 8:00 pm

Address: 9908 Penhorwood Street

Synchrude Sport & Wellness Centre will be open on Friday, November 11, 2022 from 8:00 a.m. - 8:00 p.m.

Regular hours of operation will resume Saturday, November 12, 2022 at 8:00 a.m. - 11:00 p.m.

There will also be no running fitness classes from November 11-13, 2022

Library Closed

Date and Time: Friday, November 11 8:30 am

Address: 8115 Franklin Avenue, Fort McMurray, AB T9H2H7

The Keyano Library will be closed on Remembrance Day.

Monday, November 14, 2022

AEP Training - Fall Session 2 (Mon & Wed)

Date and Time: Monday, November 14 6:00 am - 7:00 am

Address: 9908 Penhorwood St

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Activity #6163

October 31 - December 14 (14 Classes)

Time: 6:00 - 7:00 am

Cost: \$280.00 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1167?onlineSiteId=0&from_original_cui=true

Toddler Time

Date and Time: Monday, November 14 8:00 am - 4:00 pm

Address: 9908 Penhorwood Street

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

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

Visit Guest Services to grab yours today.

POUND Rockout with Amy

Date and Time: Monday, November 14 12:10 pm - 12:50 pm

Address: 9908 Penhorwood Street

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

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

Register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_category_ids=16&viewMode=list

Zumba with Karin

Date and Time: Monday, November 14 6:30 pm - 7:30 pm

Address: 9908 Penhorwood Street

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

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

Register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_category_ids=16&viewMode=list

Tuesday, November 15, 2022

Toddler Time

Date and Time: Tuesday, November 15 9:00 am - 3:00 pm

Address: 9908 Penhorwood Street

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

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

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Cycle Strength with Priscilla

Date and Time: Tuesday, November 15 12:10 pm - 12:50 pm

Address: 9908 Penhorwood Street

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

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

Register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_category_ids=16&viewMode=list

AEP Training - Fall Session 2 (Tues-Thurs)

Date and Time: Tuesday, November 15 5:30 pm - 6:30 pm

Address: 9908 Penhorwood St

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November 1 - December 15 (14 classes)

Time: 5:30 pm - 6:30 pm

Cost: \$280 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1166?onlineSiteId=0&from_original_cui=true

Wednesday, November 16, 2022

AEP Training - Fall Session 2 (Mon & Wed)

Date and Time: Wednesday, November 16 6:00 am - 7:00 am

Address: 9908 Penhorwood St

Athletic Enhancement Program (AEP) is a strength & conditioning program dedicated for young athletes. It is designed to help equip young athletes with skills to have a successful season. Register today!

Activity #6163

October 31 - December 14 (14 Classes)

Time: 6:00 - 7:00 am

Cost: \$280.00 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1167?onlineSiteId=0&from_original_cui=true

Toddler Time

Date and Time: Wednesday, November 16 8:00 am - 1:30 pm

Address: 9908 Penhorwood Street

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

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

Visit Guest Services to grab yours today.

Playful Paws Session 2 (Wednesdays)

Date and Time: Wednesday, November 16 3:00 pm - 4:00 pm

Address: 9908 Penhorwood St

Start your child off on the right PAW! A physical literacy based program that encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation.

Activity #6175

This session takes place every Wednesday

Time: 3:00 pm - 4:00 pm

Dates: November 2 - November 30 (5 classes)

Cost: \$75.00 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1179?onlineSiteId=0&from_original_cui=true

Yoga & Weights

Date and Time: Wednesday, November 16 5:15 pm - 6:15 pm

Address: 9908 Penhorwood Street

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_category_ids=16&viewMode=list

Thursday, November 17, 2022

AEP Training - Fall Session 2 (Tues-Thurs)

Date and Time: Thursday, November 17 5:30 pm - 6:30 pm

Address: 9908 Penhorwood St

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Activity #6162

November 1 - December 15 (14 classes)

Time: 5:30 pm - 6:30 pm

Cost: \$280 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1166?onlineSiteId=0&from_original_cui=true

Saturday, November 19, 2022

Critical Elements of Customer Service

Date and Time: Saturday, November 19 8:00 am - 4:00 pm

Address: Room 140 Bob Lamb Building, Keyano College 8115 Franklin Avenue

14 hours, \$375

While many companies promise to deliver an incredible customer experience, some are better at delivering than others. This two-day course is designed around six critical elements of customer service that, when the company lives them, bring customers back to experience service that outdoes the competition. Through activities, you will learn how to demonstrate a customer service approach, confidence and skill as a problem solver, understand how your own behavior affects the behavior of others, apply techniques to deal with difficult customers, and make a choice to provide customer service.

Sunday, November 20, 2022

Critical Elements of Customer Service

Date and Time: Sunday, November 20 8:00 am - 4:00 pm

Address: Room 140 Bob Lamb Building, Keyano College 8115 Franklin Avenue

14 hours, \$375

While many companies promise to deliver an incredible customer experience, some are better at delivering than others. This two-day course is designed around six critical elements of customer service that, when the company lives them, bring customers back to experience service that outdoes the competition. Through activities, you will learn how to demonstrate a customer service approach, confidence and skill as a problem solver, understand how your own behavior affects the behavior of others, apply techniques to deal with difficult customers, and make a choice to provide customer service.

STRONG & Stretch

Date and Time: Sunday, November 20 7:00 pm - 8:00 pm

Address: 9908 Penhorwood Street

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

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

Register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_category_ids=16&viewMode=list

Monday, November 21, 2022

AEP Training - Fall Session 2 (Mon & Wed)

Date and Time: Monday, November 21 6:00 am - 7:00 am

Address: 9908 Penhorwood St

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Activity #6163

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Time: 6:00 - 7:00 am

Cost: \$280.00 +GST

Click to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1167?onlineSiteId=0&from_original_cui=true

Toddler Time

Date and Time: Monday, November 21 8:00 am - 4:00 pm

Address: 9908 Penhorwood Street

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

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

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Tuesday, November 22, 2022

Toddler Time

Date and Time: Tuesday, November 22 9:00 am - 3:00 pm

Address: 9908 Penhorwood Street

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

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Cycle Strength with Priscilla

Date and Time: Tuesday, November 22 12:10 pm - 12:50 pm

Address: 9908 Penhorwood Street

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

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AEP Training - Fall Session 2 (Tues-Thurs)

Date and Time: Tuesday, November 22 5:30 pm - 6:30 pm

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Wednesday, November 23, 2022

AEP Training - Fall Session 2 (Mon & Wed)

Date and Time: Wednesday, November 23 6:00 am - 7:00 am

Address: 9908 Penhorwood St

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Toddler Time

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Date and Time: Wednesday, November 23 3:00 pm - 4:00 pm

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Cost: \$75.00 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1179?onlineSiteId=0&from_original_cui=true

Toddler Time

Date and Time: Wednesday, November 23 4:30 pm - 6:00 pm

Address: 9908 Penhorwood Street

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

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

Visit Guest Services to grab yours today.

Yoga & Weights

Date and Time: Wednesday, November 23 5:15 pm - 6:15 pm

Address: 9908 Penhorwood Street

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_category_ids=16&viewMode=list

Thursday, November 24, 2022

AEP Training - Fall Session 2 (Tues-Thurs)

Date and Time: Thursday, November 24 5:30 pm - 6:30 pm

Address: 9908 Penhorwood St

Athletic Enhancement Program (AEP) is a strength & conditioning program dedicated for young athletes. It is designed to help equip young athletes with skills to have a successful season. Register today!

Activity #6162

November 1 - December 15 (14 classes)

Time: 5:30 pm - 6:30 pm

Cost: \$280 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1166?onlineSiteId=0&from_original_cui=true

Friday, November 25, 2022

Roll With It

Date and Time: Friday, November 25 8:00 am - 4:00 pm

Address: 9908 Penhorwood Street

Bring your bikes, scooters, rollerblades, etc. to cruise around with your family and friends in our indoor fieldhouse! Please note, this is a parent-supervised program.

Age: 2 years+

Price: \$5.00 per child

Saturday, November 26, 2022

Flow & Restore Yoga

Date and Time: Saturday, November 26 10:00 am - 11:00 am

Address: 9908 Penhorwood Street

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&activity_category_ids=16&viewMode=list

Sunday, November 27, 2022

STRONG & Stretch

Date and Time: Sunday, November 27 7:00 pm - 8:00 pm

Address: 9908 Penhorwood Street

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

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

Register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_category_ids=16&viewMode=list

TERRI CLARK - IT'S CHRISTMAS...CHEERS!

Date and Time: Sunday, November 27 7:30 pm

Address: Keyano Theatre 8115 Franklin Avenue

Presented by Keyano Theatre & Syncrude Arts Alive

Terri Clark is bringing her first Christmas tour to Canada. The IT'S CHRISTMAS...CHEERS! TOUR promises to be full of familiar hits and holiday favourites from the CCMA Hall of Fame member and her band. "Christmas has always been my favourite time of year. I released my first Christmas album in 2020, so this year is the first opportunity that I've had since then to play some of these holiday favorites live. I'm very excited to bring some Christmas "Cheers" and a few familiar hits to select markets in Canada this year. It's truly coming home for the holidays."

Hailing from Medicine Hat, Alberta, Canada, Terri Clark got her start by playing for tips at Tootsie's Orchid Lounge, a legendary bar across the alley from Nashville's historic Ryman Auditorium. The 3-time JUNO Award winner holds the honor of being the only Canadian female member of the legendary Grand Ole Opry. With over 5 million albums sold, hit singles such as "Better Things To Do," "Poor Poor Pitiful Me," "Girls Lie Too," "Northern Girl," and "I Just Wanna Be Mad," a slew of awards and sold-out audiences on both sides of the border, Terri has solidified her place in the history books of country music. Terri has received 19 CCMA Awards and in 2018 was inducted into the Canadian Country Music Hall of Fame.

Don't miss this opportunity to celebrate the holidays with Terri Clark!

Rated:
All Ages

Date:
Sunday, November 27 - 7:30 pm

Tickets:
Regular: \$69

Monday, November 28, 2022

AEP Training - Fall Session 2 (Mon & Wed)

Date and Time: Monday, November 28 6:00 am - 7:00 am

Address: 9908 Penhorwood St

Athletic Enhancement Program (AEP) is a strength & conditioning program dedicated for young athletes. It is designed to help equip young athletes with skills to have a successful season. Register today!

Activity #6163

October 31 - December 14 (14 Classes)

Time: 6:00 - 7:00 am

Cost: \$280.00 +GST

Click to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1167?onlineSiteId=0&from_original_cui=true

Toddler Time

Date and Time: Monday, November 28 8:00 am - 4:00 pm

Address: 9908 Penhorwood Street

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

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

Visit Guest Services to grab yours today.

POUND Rockout with Amy

Date and Time: Monday, November 28 12:10 pm - 12:50 pm

Address: 9908 Penhorwood Street

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

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

Register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_category_ids=16&viewMode=list

Zumba with Karin

Date and Time: Monday, November 28 6:30 pm - 7:30 pm

Address: 9908 Penhorwood Street

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

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

Register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_category_ids=16&viewMode=list

Disc Golf

Date and Time: Monday, November 28 8:15 pm - 10:15 pm

Address: 9908 Penhorwood Street

Huskies Development is providing a Disc Golf program on selective Monday Nights on the turf.

Visit Guest Services to pay the \$5.00 drop-in fee the time of the program.

Please note, Disc Golf will not take place on April 10.

Tuesday, November 29, 2022

Cycle Strength with Priscilla

Date and Time: Tuesday, November 29 12:10 pm - 12:50 pm

Address: 9908 Penhorwood Street

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

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

Register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_category_ids=16&viewMode=list

AEP Training - Fall Session 2 (Tues-Thurs)

Date and Time: Tuesday, November 29 5:30 pm - 6:30 pm

Address: 9908 Penhorwood St

Athletic Enhancement Program (AEP) is a strength & conditioning program dedicated for young athletes. It is designed to help equip young athletes with skills to have a successful season. Register today!

Activity #6162

November 1 - December 15 (14 classes)

Time: 5:30 pm - 6:30 pm

Cost: \$280 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1166?onlineSiteId=0&from_original_cui=true

Wednesday, November 30, 2022

AEP Training - Fall Session 2 (Mon & Wed)

Date and Time: Wednesday, November 30 6:00 am - 7:00 am

Address: 9908 Penhorwood St

Athletic Enhancement Program (AEP) is a strength & conditioning program dedicated for young athletes. It is designed to help equip young athletes with skills to have a successful season. Register today!

Activity #6163

October 31 - December 14 (14 Classes)

Time: 6:00 - 7:00 am

Cost: \$280.00 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1167?onlineSiteId=0&from_original_cui=true

Toddler Time

Date and Time: Wednesday, November 30 8:00 am - 1:30 pm

Address: 9908 Penhorwood Street

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

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

Visit Guest Services to grab yours today.

Playful Paws Session 2 (Wednesdays)

Date and Time: Wednesday, November 30 3:00 pm - 4:00 pm

Address: 9908 Penhorwood St

Start your child off on the right PAW! A physical literacy based program that encourages parents and children to move together through a series of both structured and free play activities. This program is designed to increase physical confidence, competence, and motivation.

Activity #6175

This session takes place every Wednesday

Time: 3:00 pm - 4:00 pm

Dates: November 2 - November 30 (5 classes)

Cost: \$75.00 +GST

Link to register online: https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1179?onlineSiteId=0&from_original_cui=true

Toddler Time

Date and Time: Wednesday, November 30 4:30 pm - 6:00 pm

Address: 9908 Penhorwood Street

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

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

Visit Guest Services to grab yours today.

Yoga & Weights

Date and Time: Wednesday, November 30 5:15 pm - 6:15 pm

Address: 9908 Penhorwood Street

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_category_ids=16&viewMode=list

<https://calendar.keyano.ca>