

## Wednesday, May 1, 2024

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### Toddler Time

Date and Time: Wednesday, May 1 8:30 am - 3:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

### High-Low Fit with Rachel

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

Address: 908 Penhorwood St

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

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

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

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

### Move With Me

Date and Time: Wednesday, May 1 3:30 pm - 4:30 pm

Address: 908 Penhorwood St

Introducing our new physical literacy program, Move With Me!

This program 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. These are 1-hour sessions with three 20-minute portions:

Part 1: Warm up with parents and kids; physical literacy games for kids.  
Part 2: Resistance training/circuit workout for parents and kids.  
Part 3: Free-play with our foamies, balls, etc.

We are also offering a \$15 drop-in per session.

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1833?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1833?onlineSiteId=0&from_original_cui=true)

## Chill Hips & Hamstrings with Matty

Date and Time: Wednesday, May 1 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

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

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

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

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

ALL LEVELS WELCOME!

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

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

## Thursday, May 2, 2024

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### Summer 2024 Student Orientation - Day 1

Date and Time: Thursday, May 2 9:00 am - 5:00 pm

Address: Syncrude Sports and Wellness Centre

Get ready to kickstart your academic journey at the **Summer 2024 New Student Orientation!**

Come and meet our amazing faculty, connect with fellow students, and discover your new community.

Don't miss out—secure your spot today by signing up with this link!

[Register for Summer 2024 Orientation Here](#)

## Core Power 40 with Priscilla

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

Address: 908 Penhorwood St

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

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

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

## Teen Weight Trainer

Date and Time: Thursday, May 2 4:30 pm - 6:30 pm

Address: 9908 Penhorwood St

This program introduces youth (teens), ages 13-15 to the foundations of weight training including machines, free weights and weight room etiquette. Graduates gain confidence, understanding of weight lifting and is a prerequisite to use the Fitness Centre.

Teens working out in the fitness centre must keep his/her TWT ID card on hand at all times.

**Register online - <https://www.keyano.ca/en/athletics-and-fitness/esports-camps.aspx>**

## Full Body Burn W/Taylor

Date and Time: Thursday, May 2 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

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

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)**

## Spring Yoga Flow with Nexcy

Date and Time: Thursday, May 2 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

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

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

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

## Friday, May 3, 2024

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### Toddler Time

Date and Time: Friday, May 3 9:00 am - 7:30 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

### Summer 2024 Student Orientation - Day 2

Date and Time: Friday, May 3 9:00 am - 6:00 pm

Address: Recital Theatre

Get ready to kickstart your academic journey at the **Summer 2024 New Student Orientation!**

Come and meet our amazing faculty, connect with fellow students, and discover your new community.

Don't miss out—secure your spot today by signing up with this link!

[Register for Summer 2024 Orientation Here](#)

### High-Low Fit with Rachel

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

Address: 9908 Penhorwood St

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

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

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

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

## Canada, NORAD, and the Shifting World Order

Date and Time: Friday, May 3 6:00 pm - 7:30 pm

Address: Doug Schmidt Lecture Hall CC-273

Explore the intricacies of international defence at Keyano College's upcoming lecture, "Canada, NORAD, and the Shifting World Order." This free session offers a thought-provoking look at Canada's evolving role in NORAD amidst a changing geopolitical landscape and shifting climatic conditions.

□ Join us on May 3, 2024, from 6:00 p.m. to 7:30 p.m. at Doug Schmidt Hall for a deep dive into the challenges and commitments of North American defence.

All are welcome to attend and gain insight into our world's strategic issues.

## Saturday, May 4, 2024

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### Active Yoga with Andrea

Date and Time: Saturday, May 4 10:00 am - 11:00 am

Address: 9908 Penhorwood St

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

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

All levels are welcome.

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

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

### Zumba Mix with Karin

Date and Time: Saturday, May 4 11:30 am - 12:30 pm

Address: 9908 Penhorwood St

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

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

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

## **Sunday, May 5, 2024**

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### **E-Sports Birthday Party**

Date and Time: Sunday, May 5 12:00 pm - 2:30 pm

Address: 8115 Franklin Ave

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

Package includes:

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

Here is the link to book online for **May 5, 2024 from 12:00 pm - 2:30 pm** -  
[https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2289?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2289?onlineSiteId=0&from_original_cui=true)

### **E-Sports Birthday Party**

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

Address: 8115 Franklin Ave

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

Package includes:

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

Here is the link to book online for **May 5, 2024 from 3:00 pm - 5:30 pm** - [https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2305?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2305?onlineSiteId=0&from_original_cui=true)

## Monday, May 6, 2024

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### National Nurses Week

Date and Time: Monday, May 6 12:00 am - 12:00 pm

Address: 9908 Penhorwood St

Happy National Nurses Week to all the incredible nurses out there!

In recognition of the dedication of our community's nurses, we're excited to offer a complimentary 8-week mobility program through our fitness app. Additionally, we're offering 25% discount on corporate memberships for all AHS employees. For further details, please stop by Guest Services and remember to bring your AHS ID badge when registering.

### 40-min Yoga Fix with Andrea

Date and Time: Monday, May 6 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

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

All levels are welcome.

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

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

### Zumba with Karin

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

Address: 9908 Penhorwood St

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

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

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)

# Tuesday, May 7, 2024

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## National Nurses Week

Date and Time: Tuesday, May 7 12:00 am - 12:00 pm

Address: 9908 Penhorwood St

Happy National Nurses Week to all the incredible nurses out there!

In recognition of the dedication of our community's nurses, we're excited to offer a complimentary 8-week mobility program through our fitness app. Additionally, we're offering 25% discount on corporate memberships for all AHS employees. For further details, please stop by Guest Services and remember to bring your AHS ID badge when registering.

## Toddler Time

Date and Time: Tuesday, May 7 9:00 am - 3:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

## Rhythm Ride 40 with Priscilla

Date and Time: Tuesday, May 7 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

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

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

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

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

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



**Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](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, May 7 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)

## **Wednesday, May 8, 2024**

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### **National Nurses Week**

Date and Time: Wednesday, May 8 12:00 am - 12:00 pm

Address: 9908 Penhorwood St

Happy National Nurses Week to all the incredible nurses out there!

In recognition of the dedication of our community's nurses, we're excited to offer a complimentary 8-week mobility program through our fitness app. Additionally, we're offering 25% discount on corporate memberships for all AHS employees. For further details, please stop by Guest Services and remember to bring your AHS ID badge when registering.

### **High-Low Fit with Rachel**

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

Address: 908 Penhorwood St

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

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## **Chill Hips & Hamstrings with Matty**

Date and Time: Wednesday, May 8 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

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

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

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

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

ALL LEVELS WELCOME!

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

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

## **Thursday, May 9, 2024**

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### **National Nurses Week**

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

Address: 9908 Penhorwood St

Happy National Nurses Week to all the incredible nurses out there!

In recognition of the dedication of our community's nurses, we're excited to offer a complimentary 8-week mobility program through our fitness app. Additionally, we're offering 25% discount on corporate memberships for all AHS employees. For further details, please stop by Guest Services and remember to bring your AHS ID badge when registering.

### **Toddler Time**

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

Address: 9908 Penhorwood St

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

ace for all to enjoy.

Age: 0-5

Cost: \$5.00 (Under 1 are free)

## Core Power 40 with Priscilla

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

Address: 908 Penhorwood St

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

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

**Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](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, May 9 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

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

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)**

## Full Body Burn W/Taylor

Date and Time: Thursday, May 9 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

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

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## Spring Yoga Flow with Nexcy

Date and Time: Thursday, May 9 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

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

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

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

## Friday, May 10, 2024

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### National Nurses Week

Date and Time: Friday, May 10 12:00 am - 12:00 pm

Address: 9908 Penhorwood St

Happy National Nurses Week to all the incredible nurses out there!

In recognition of the dedication of our community's nurses, we're excited to offer a complimentary 8-week mobility program through our fitness app. Additionally, we're offering 25% discount on corporate memberships for all AHS employees. For further details, please stop by Guest Services and remember to bring your AHS ID badge when registering.

### Convocation 2024

Date and Time: Friday, May 10 10:00 am

Address: Keyano College 8115 Franklin Avenue

Event details TBA.

### High-Low Fit with Rachel

Date and Time: Friday, May 10 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.

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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)

## Saturday, May 11, 2024

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### National Nurses Week

Date and Time: Saturday, May 11 12:00 am - 12:00 pm

Address: 9908 Penhorwood St

Happy National Nurses Week to all the incredible nurses out there!

In recognition of the dedication of our community's nurses, we're excited to offer a complimentary 8-week mobility program through our fitness app. Additionally, we're offering 25% discount on corporate memberships for all AHS employees. For further details, please stop by Guest Services and remember to bring your AHS ID badge when registering.

### Active Yoga with Andrea

Date and Time: Saturday, May 11 10:00 am - 11:00 am

Address: 9908 Penhorwood St

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

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

All levels are welcome.

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

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

### 2024 Keyano Alumni BBQ

Date and Time: Saturday, May 11 11:10 am - 2:00 pm

Address: Doug McRae Park, Keyano College 8115 Franklin Avenue

We are honoured to call you Keyano Alumni. As part of the graduation festivities, please join us the day after convocation for a FREE BBQ to reconnect, welcome our newest Alums, and enjoy activities with the whole family.

Date: Saturday, May 11, 2024

Time: 11:00 a.m. - 2:00 p.m.

Location: Doug MacRae Park, Keyano Clearwater Campus

## **Zumba Mix with Karin**

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

Address: 9908 Penhorwood St

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

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

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

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

Date and Time: Saturday, May 11 12:00 pm - 2:30 pm

Address: 8115 Franklin Ave

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

Package includes:

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

Here is the link to book online for **May 11, 2024 from 12:00 pm - 2:30 pm**

- [https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2256?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2256?onlineSiteId=0&from_original_cui=true)

## **E-Sports Birthday Party**

Date and Time: Saturday, May 11 3:00 pm - 5:30 pm

Address: 8115 Franklin Ave

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

Package includes:

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

Here is the link to book online for **May 11, 2024** from **3:00 pm - 5:30 pm**

- [https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2273?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2273?onlineSiteId=0&from_original_cui=true)

## Sunday, May 12, 2024

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### National Nurses Week

Date and Time: Sunday, May 12 12:00 am - 12:00 pm

Address: 9908 Penhorwood St

Happy National Nurses Week to all the incredible nurses out there!

In recognition of the dedication of our community's nurses, we're excited to offer a complimentary 8-week mobility program through our fitness app. Additionally, we're offering 25% discount on corporate memberships for all AHS employees. For further details, please stop by Guest Services and remember to bring your AHS ID badge when registering.

### Teen Weight Trainer

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

Address: 9908 Penhorwood St

This program introduces youth (teens), ages 13-15 to the foundations of weight training including machines, free weights and weight room etiquette. Graduates gain confidence, understanding of weight lifting and is a prerequisite to use the Fitness Centre.

Teens working out in the fitness centre must keep his/her TWT ID card on hand at all times.

**Register online -** <https://www.keyano.ca/en/athletics-and-fitness/esports-camps.aspx>

### E-Sports Birthday Party

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

Address: 8115 Franklin Ave

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

Package includes:

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

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

[https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2290?onlineSiteId=0&from\\_\\_original\\_\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2290?onlineSiteId=0&from__original__cui=true)

## E-Sports Birthday Party

Date and Time: Sunday, May 12 3:00 pm - 5:30 pm

Address: 8115 Franklin Ave

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

Package includes:

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

Here is the link to book online for **May 12, 2024** from **3:00 pm - 5:00 pm** -

[https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2306?onlineSiteId=0&from\\_\\_original\\_\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2306?onlineSiteId=0&from__original__cui=true)

## Monday, May 13, 2024

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### Toddler Time

Date and Time: Monday, May 13 8:30 am - 3:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)



## 40-min Yoga Fix with Andrea

Date and Time: Monday, May 13 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

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

All levels are welcome.

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

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

## Zumba with Karin

Date and Time: Monday, May 13 6:30 pm - 7:30 pm

Address: 9908 Penhorwood St

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

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

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)

## Tuesday, May 14, 2024

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### Toddler Time

Date and Time: Tuesday, May 14 8:30 am - 3:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

## Rhythm Ride 40 with Priscilla

Date and Time: Tuesday, May 14 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

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

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

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

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

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

**Register online -** [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](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, May 14 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)

## Wednesday, May 15, 2024

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### High-Low Fit with Rachel

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

Address: 908 Penhorwood St

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

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

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

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

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

## Chill Hips & Hamstrings with Matty

Date and Time: Wednesday, May 15 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

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

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

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

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

ALL LEVELS WELCOME!

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

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

## Thursday, May 16, 2024

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### Toddler Time

Date and Time: Thursday, May 16 8:30 am - 3:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

### Core Power 40 with Priscilla

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

Address: 908 Penhorwood St

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

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

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

## Teen Weight Trainer

Date and Time: Thursday, May 16 4:30 pm - 6:30 pm

Address: 9908 Penhorwood St

This program introduces youth (teens), ages 13-15 to the foundations of weight training including machines, free weights and weight room etiquette. Graduates gain confidence, understanding of weight lifting and is a prerequisite to use the Fitness Centre.

Teens working out in the fitness centre must keep his/her TWT ID card on hand at all times.

**Register online - <https://www.keyano.ca/en/athletics-and-fitness/esports-camps.aspx>**

## Full Body Burn W/Taylor

Date and Time: Thursday, May 16 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

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

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)**

## Spring Yoga Flow with Nexcy

Date and Time: Thursday, May 16 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

This is easy yoga flow, discover the combination of physical and mental exercises, moving slowly through each

pose, remembering to breath as you move. The idea is to hold each pose for a few, slow breaths before moving to the next one. Be mindful, focus on relaxing the muscles, beginning with stretching poses, a lot of twist, suns salutations and ending with relaxation again

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

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

## Friday, May 17, 2024

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### Toddler Time

Date and Time: Friday, May 17 9:00 am - 7:30 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

### High-Low Fit with Rachel

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

Address: 9908 Penhorwood St

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

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

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

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

## Saturday, May 18, 2024

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

Date and Time: Saturday, May 18 12:00 pm - 2:30 pm

Address: 8115 Franklin Ave

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

Package includes:

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

Here is the link to book online for **May 18, 2024** from **12:00 pm - 2:30 pm** -

[https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2257?onlineSiteId=0&from\\_\\_original\\_\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2257?onlineSiteId=0&from__original__cui=true)

## E-Sports Birthday Party

Date and Time: Saturday, May 18 3:00 pm - 5:30 pm

Address: 8115 Franklin Ave

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

Package includes:

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

Here is the link to book online on **May 18, 2024** from **3:00 pm - 5:30 pm** -

[https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2274?onlineSiteId=0&from\\_\\_original\\_\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2274?onlineSiteId=0&from__original__cui=true)

## Sunday, May 19, 2024

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## E-Sports Birthday Party

Date and Time: Sunday, May 19 12:00 pm - 2:30 pm

Address: 8115 Franklin Ave

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

Package includes:

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

NBA 2K, and more!

- Outside food and decorations permitted

Here is the link to book online for **May 19, 2024** from **12:00 pm - 2:30 pm** -

[https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2291?onlineSiteId=0&from\\_\\_original\\_\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2291?onlineSiteId=0&from__original__cui=true)

## E-Sports Birthday Party

Date and Time: Sunday, May 19 3:00 pm - 5:30 pm

Address: 8115 Franklin Ave

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

Package includes:

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

Here is the link to book online for **May 19, 2024** from **3:00 pm - 5:30 pm** -

[https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2307?onlineSiteId=0&from\\_\\_original\\_\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2307?onlineSiteId=0&from__original__cui=true)

## Monday, May 20, 2024

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### College Closed: Victoria Day

Date and Time: Monday, May 20 12:00 am

Address: Keyano College 8115 Franklin Avenue

Please note: the College will be closed due to Heritage Day.

Victoria Day is a federal Canadian public holiday celebrated on the last Monday preceding May 25 to honour Queen Victoria. The holiday has been observed in Canada since at least 1845, originally on Victoria's natural birthday, May 24.

### Library Closed

Date and Time: Monday, May 20 12:00 am

Address: Keyano College Library

## Toddler Time

Date and Time: Monday, May 20 9:00 am - 3:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

## Tuesday, May 21, 2024

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### Toddler Time

Date and Time: Tuesday, May 21 8:30 am - 3:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

### Rhythm Ride 40 with Priscilla

Date and Time: Tuesday, May 21 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

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

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

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

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

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



**Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](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, May 21 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)

## **Yoga and Sound Bowl Healing**

Date and Time: Tuesday, May 21 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

Join us on World Meditation Day for a yoga and sound bowl special in our Group Fitness Studio! Whether you're a seasoned yogi or a curious beginner, this experience is for everyone seeking mindfulness from the stresses of modern life and a chance to reconnect with their inner peace.

The first 30 minutes will be guided with yoga, which will flow into a sound bowl sequence for the remainder of the class.

Date: Tuesday, May 21, 2024

Time: 7:30 - 8:30 pm

Location: Group Fitness Studio (2nd floor)

Link to register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2253?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2253?onlineSiteId=0&from_original_cui=true)

## **Wednesday, May 22, 2024**

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## Toddler Time

Date and Time: Wednesday, May 22 8:30 am - 3:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

## High-Low Fit with Rachel

Date and Time: Wednesday, May 22 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

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

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

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

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

## Chill Hips & Hamstrings with Matty

Date and Time: Wednesday, May 22 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

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

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

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

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

ALL LEVELS WELCOME!

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

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

## Core Power 40 with Priscilla

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

Address: 908 Penhorwood St

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

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

Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](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, May 23 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

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

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)

## Spring Yoga Flow with Nexcy

Date and Time: Thursday, May 23 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

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

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

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

## Friday, May 24, 2024

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### High-Low Fit with Rachel

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

Address: 9908 Penhorwood St

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

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

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

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

## Saturday, May 25, 2024

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### Active Yoga with Andrea

Date and Time: Saturday, May 25 10:00 am - 11:00 am

Address: 9908 Penhorwood St

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

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

All levels are welcome.

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

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

### KESA Market

Date and Time: Saturday, May 25 10:00 am - 4:00 pm

Address: Syncrude Sport & Wellness Centre, 9908 Penhorwood Street

KESA is hosting their very first public market on Saturday, May 25 from 10 am - 4 pm.

The KESA Market will include local vendors and those selling their gently used goods! With popcorn, coffee, and other treats available for purchase, this will be a lovely day of shopping and supporting our local community!

If you want your own table to sell your crafted goods or gently used items, email [kesa@keyano.ca](mailto:kesa@keyano.ca) - tables are first come first serve at \$40.00. Interested vendors will be required to submit a completed Vendor Application Form (attached) with copies of the necessary permits/licenses to [kesa@keyano.ca](mailto:kesa@keyano.ca)

If you're planning on Spring Cleaning and want to get rid of your gently used goods but don't want to run your own table, donate them to KESA to sell! Donated items can be dropped off at Fieldhouse 3 at the Syncrude Sport and Wellness Centre on Saturday, May 25 at 9:00 am. Any donated items remaining at the end of the day will be donated to the Salvation Army or related non-profit.

Proceeds from the event will be in support of KESA

## **Zumba Mix with Karin**

Date and Time: Saturday, May 25 11:30 am - 12:30 pm

Address: 9908 Penhorwood St

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

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

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

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

Date and Time: Saturday, May 25 12:00 pm - 2:30 pm

Address: 8115 Franklin Ave

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

Package includes:

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

Here is the link to book online for **May 25, 2024 from 12:00 pm - 2:30 pm** -

[https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2258?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2258?onlineSiteId=0&from_original_cui=true)

## E-Sports Birthday Party

Date and Time: Saturday, May 25 3:00 pm - 5:30 pm

Address: 8115 Franklin Ave

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

Package includes:

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

Here is the link to book online on **May 25, 2024** from **3:00 pm - 5:30 pm** -

[https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2275?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2275?onlineSiteId=0&from_original_cui=true)

## Sunday, May 26, 2024

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## E-Sports Birthday Party

Date and Time: Sunday, May 26 12:00 pm - 2:30 pm

Address: 8115 Franklin Ave

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

Package includes:

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

Here is the link to book online for **May 26, 2024** from **12:00 pm - 2:30 pm** -

[https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2292?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2292?onlineSiteId=0&from_original_cui=true)

## Teen Weight Trainer

Date and Time: Sunday, May 26 12:00 pm - 2:00 pm

Address: 9908 Penhorwood St

This program introduces youth (teens), ages 13-15 to the foundations of weight training including machines, free weights and weight room etiquette. Graduates gain confidence, understanding of weight lifting and is a prerequisite to use the Fitness Centre.

Teens working out in the fitness centre must keep his/her TWT ID card on hand at all times.

**Register online - <https://www.keyano.ca/en/athletics-and-fitness/esports-camps.aspx>**

## **E-Sports Birthday Party**

Date and Time: Sunday, May 26 3:00 pm - 5:00 pm

Address: 8115 Franklin Ave

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

Package includes:

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

Here is the link to book online for **May 26, 2024** from **3:00 pm - 5:30 pm** -  
[https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2308?onlineSiteId=0&from\\_\\_original\\_\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/2308?onlineSiteId=0&from__original__cui=true)

## **Monday, May 27, 2024**

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### **Toddler Time**

Date and Time: Monday, May 27 8:30 am - 3:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

### **40-min Yoga Fix with Andrea**

Date and Time: Monday, May 27 12:10 pm - 12:50 pm

Address: 9908 Penhorwood St

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

All levels are welcome.

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

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

### **Zumba with Karin**

Date and Time: Monday, May 27 6:30 pm - 7:30 pm

Address: 9908 Penhorwood St

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

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

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)

## **Tuesday, May 28, 2024**

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### **Toddler Time**

Date and Time: Tuesday, May 28 8:30 am - 3:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

### **Rhythm Ride 40 with Priscilla**

Date and Time: Tuesday, May 28 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

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

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



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

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

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

**Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](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, May 28 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)

## Wednesday, May 29, 2024

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### Toddler Time

Date and Time: Wednesday, May 29 8:30 am - 3:00 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

### High-Low Fit with Rachel

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

Address: 908 Penhorwood St

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

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

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

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

## **Building Personal Wealth with TD Wealth Financial Planning**

Date and Time: Wednesday, May 29 1:00 pm - 2:00 pm

Address: Online

Helping you achieve your vision of success

[Register Online](#)

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

## **Chill Hips & Hamstrings with Matty**

Date and Time: Wednesday, May 29 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

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

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

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

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

ALL LEVELS WELCOME!

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

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

## **Thursday, May 30, 2024**

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## Core Power 40 with Priscilla

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

Address: 908 Penhorwood St

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

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

**Register online - [https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&viewMode=list](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, May 30 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

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

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)**

## Spring Yoga Flow with Nexcy

Date and Time: Thursday, May 30 7:30 pm - 8:30 pm

Address: 9908 Penhorwood St

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

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

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

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## Friday, May 31, 2024

## High-Low Fit with Rachel

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

Address: 9908 Penhorwood St

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

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

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

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

<https://calendar.keyano.ca>