

## Thursday, May 1, 2025

---

### Women Only Workout Space

Date and Time: Thursday, May 1 9:00 am - 11:00 am

Address: 9908 Penhorwood Street

Join us twice a week for our Women-Only Workout Space! A supportive environment where women of all ages and fitness levels can exercise with confidence.

**Days:** Tuesdays and Thursdays

**Morning session:** 9 AM to 11 AM

**Evening session:** 7 PM to 9 PM

**Location:** High-Performance Studio (Syncrude Sport and Wellness Centre)

**Check-in to grab a wristband at Guest Services or at the Fitness Desk before entering the space.**

**Day passes and membership rates - <https://www.keyano.ca/en/athletics-and-fitness/memberships.aspx>**

### Seniors Walk

Date and Time: Thursday, May 1 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

## Women Only Workout Space

Date and Time: Thursday, May 1 7:00 pm - 9:00 pm

Address: 9908 Penhorwood Street

Join us twice a week for our Women-Only Workout Space! A supportive environment where women of all ages and fitness levels can exercise with confidence.

**Days:** Tuesdays and Thursdays

**Morning session:** 9 AM to 11 AM

**Evening session:** 7 PM to 9 PM

**Location:** High-Performance Studio (Syncrude Sport and Wellness Centre)

**Check-in to grab a wristband at Guest Services or at the Fitness Desk before entering the space.**

**Day passes and membership rates - <https://www.keyano.ca/en/athletics-and-fitness/memberships.aspx>**

## Friday, May 2, 2025

---

### Seniors Walk

Date and Time: Friday, May 2 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

## Sunday, May 4, 2025

---

## Teen Weight Trainers

Date and Time: Sunday, May 4 12:00 pm - 1:00 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://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&activity\\_keyword=teen%20weight%20trainer&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=teen%20weight%20trainer&viewMode=list)

## Monday, May 5, 2025

---

### Seniors Walk

Date and Time: Monday, May 5 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

## Tuesday, May 6, 2025

---

### Seniors Walk

Date and Time: Tuesday, May 6 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

## Women Only Workout Space

Date and Time: Tuesday, May 6 9:00 am - 11:00 am

Address: 9908 Penhorwood Street

Join us twice a week for our Women-Only Workout Space! A supportive environment where women of all ages and fitness levels can exercise with confidence.

**Days:** Tuesdays and Thursdays

**Morning session:** 9 AM to 11 AM

**Evening session:** 7 PM to 9 PM

**Location:** High-Performance Studio (Syncrude Sport and Wellness Centre)

**Check-in to grab a wristband at Guest Services or at the Fitness Desk before entering the space.**

**Day passes and membership rates - <https://www.keyano.ca/en/athletics-and-fitness/memberships.aspx>**

## PARE Testing

Date and Time: Tuesday, May 6 11:30 am - 1:30 pm

Address: 9908 Penhorwood Street

The Physical Abilities Requirement Evaluation (PARE) is a test used to assess a person's ability to perform the physical demands of police, and similar, work.

**For the test:** Please ensure to wear proper workout attire (shorts, leggings, sweat pants, t-shirt, tank top etc.), as well as clean indoor shoes (runners or trainers). Bring a water bottle and maybe even a small snack or Gatorade for after to aid in recovery. Make sure to have a small meal or snack 1-2 hours before the test.

This is a very physical test and recovery could take some time. We will test your vitals before the test, as well as after to ensure you've recovered before leaving the facility.

Please check in at the main Guest Services desk when you arrive for your test. Please arrive 15 minutes before

scheduled time.

**Location:** Fieldhouse #3 (Syncrude Sport and Wellness Centre)

**A minimum of 3 participants is required to run the PARE test. If less than 3 are registered, you will be notified and a refund or reschedule will be completed.**

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

## **Women Only Workout Space**

**Date and Time:** Tuesday, May 6 7:00 pm - 9:00 pm

**Address:** 9908 Penhorwood Street

Join us twice a week for our Women-Only Workout Space! A supportive environment where women of all ages and fitness levels can exercise with confidence.

**Days:** Tuesdays and Thursdays

**Morning session:** 9 AM to 11 AM

**Evening session:** 7 PM to 9 PM

**Location:** High-Performance Studio (Syncrude Sport and Wellness Centre)

**Check-in to grab a wristband at Guest Services or at the Fitness Desk before entering the space.**

**Day passes and membership rates - <https://www.keyano.ca/en/athletics-and-fitness/memberships.aspx>**

## **Wednesday, May 7, 2025**

---

### **Seniors Walk**

**Date and Time:** Wednesday, May 7 9:00 am - 1:00 pm

**Address:** 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

## Thursday, May 8, 2025

---

### Toddler Time

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

Address: 9908 Penhorwood Street

Toddler Time is our parent-supervised drop-in program!

- Enjoy food and drinks outside the play areas to keep the equipment clean and safe for everyone.
- Monitor children to ensure this is a safe and fun space for all to enjoy.

**Ages:** 0-5

**Cost:** \$5.00 (Under 1 are free)

**Location:** Syncrude Sport and Wellness Centre

### Seniors Walk

Date and Time: Thursday, May 8 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

### Women Only Workout Space

Date and Time: Thursday, May 8 9:00 am - 11:00 am

Address: 9908 Penhorwood Street

Join us twice a week for our Women-Only Workout Space! A supportive environment where women of all ages and fitness levels can exercise with confidence.

**Days:** Tuesdays and Thursdays

**Morning session:** 9 AM to 11 AM

**Evening session:** 7 PM to 9 PM

**Location:** High-Performance Studio (Syncrude Sport and Wellness Centre)

**Check-in to grab a wristband at Guest Services or at the Fitness Desk before entering the space.**

**Day passes and membership rates - <https://www.keyano.ca/en/athletics-and-fitness/memberships.aspx>**

## Women Only Workout Space

Date and Time: Thursday, May 8 7:00 pm - 9:00 pm

Address: 9908 Penhorwood Street

Join us twice a week for our Women-Only Workout Space! A supportive environment where women of all ages and fitness levels can exercise with confidence.

**Days:** Tuesdays and Thursdays

**Morning session:** 9 AM to 11 AM

**Evening session:** 7 PM to 9 PM

**Location:** High-Performance Studio (Syncrude Sport and Wellness Centre)

**Check-in to grab a wristband at Guest Services or at the Fitness Desk before entering the space.**

**Day passes and membership rates - <https://www.keyano.ca/en/athletics-and-fitness/memberships.aspx>**

## Friday, May 9, 2025

---

### Seniors Walk

Date and Time: Friday, May 9 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

## Sunday, May 11, 2025

---

### Teen Weight Trainers

Date and Time: Sunday, May 11 12:00 pm - 1:00 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://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity\\_select\\_param=2&activity\\_keyword=teen%20weight%20trainer&viewMode=list](https://anc.ca.apm.activecommunities.com/keyano/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=teen%20weight%20trainer&viewMode=list)

## Monday, May 12, 2025

---

### Seniors Walk

Date and Time: Monday, May 12 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre



Stop by Guest Services to get a wristband beforehand.

## Tuesday, May 13, 2025

---

### Toddler Time

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

Address: 9908 Penhorwood Street

Toddler Time is our parent-supervised drop-in program!

- Enjoy food and drinks outside the play areas to keep the equipment clean and safe for everyone.
- Monitor children to ensure this is a safe and fun space for all to enjoy.

**Ages:** 0-5

**Cost:** \$5.00 (Under 1 are free)

**Location:** Syncrude Sport and Wellness Centre

### Seniors Walk

Date and Time: Tuesday, May 13 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

### Women Only Workout Space

Date and Time: Tuesday, May 13 9:00 am - 11:00 am

Address: 9908 Penhorwood Street

Join us twice a week for our Women-Only Workout Space! A supportive environment where women of all age

s and fitness levels can exercise with confidence.

**Days:** Tuesdays and Thursdays

**Morning session:** 9 AM to 11 AM

**Evening session:** 7 PM to 9 PM

**Location:** High-Performance Studio (Syncrude Sport and Wellness Centre)

**Check-in to grab a wristband at Guest Services or at the Fitness Desk before entering the space.**

**Day passes and membership rates - <https://www.keyano.ca/en/athletics-and-fitness/memberships.aspx>**

## Women Only Workout Space

Date and Time: Tuesday, May 13 7:00 pm - 9:00 pm

Address: 9908 Penhorwood Street

Join us twice a week for our Women-Only Workout Space! A supportive environment where women of all ages and fitness levels can exercise with confidence.

**Days:** Tuesdays and Thursdays

**Morning session:** 9 AM to 11 AM

**Evening session:** 7 PM to 9 PM

**Location:** High-Performance Studio (Syncrude Sport and Wellness Centre)

**Check-in to grab a wristband at Guest Services or at the Fitness Desk before entering the space.**

**Day passes and membership rates - <https://www.keyano.ca/en/athletics-and-fitness/memberships.aspx>**

## Wednesday, May 14, 2025

---

### Toddler Time

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

Address: 9908 Penhorwood Street

Toddler Time is our parent-supervised drop-in program!

- Enjoy food and drinks outside the play areas to keep the equipment clean and safe for everyone.
- Monitor children to ensure this is a safe and fun space for all to enjoy.

**Ages:** 0-5

**Cost:** \$5.00 (Under 1 are free)

**Location:** Syncrude Sport and Wellness Centre

## Seniors Walk

Date and Time: Wednesday, May 14 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

## Thursday, May 15, 2025

---

## Toddler Time

Date and Time: Thursday, May 15 8:00 am - 3:30 pm

Address: 9908 Penhorwood Street

Toddler Time is our parent-supervised drop-in program!

- Enjoy food and drinks outside the play areas to keep the equipment clean and safe for everyone.
- Monitor children to ensure this is a safe and fun space for all to enjoy.

**Ages:** 0-5

**Cost:** \$5.00 (Under 1 are free)

**Location:** Syncrude Sport and Wellness Centre

## Seniors Walk

Date and Time: Thursday, May 15 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

## Women Only Workout Space

Date and Time: Thursday, May 15 9:00 am - 11:00 am

Address: 9908 Penhorwood Street

Join us twice a week for our Women-Only Workout Space! A supportive environment where women of all ages and fitness levels can exercise with confidence.

**Days:** Tuesdays and Thursdays

**Morning session:** 9 AM to 11 AM

**Evening session:** 7 PM to 9 PM

**Location:** High-Performance Studio (Syncrude Sport and Wellness Centre)

**Check-in to grab a wristband at Guest Services or at the Fitness Desk before entering the space.**

**Day passes and membership rates - <https://www.keyano.ca/en/athletics-and-fitness/memberships.aspx>**

## Women Only Workout Space

Date and Time: Thursday, May 15 7:00 pm - 9:00 pm

Address: 9908 Penhorwood Street

Join us twice a week for our Women-Only Workout Space! A supportive environment where women of all ages and fitness levels can exercise with confidence.

**Days:** Tuesdays and Thursdays

**Morning session:** 9 AM to 11 AM

**Evening session:** 7 PM to 9 PM

**Location:** High-Performance Studio (Syncrude Sport and Wellness Centre)

**Check-in to grab a wristband at Guest Services or at the Fitness Desk before entering the space.**

**Day passes and membership rates - <https://www.keyano.ca/en/athletics-and-fitness/memberships.aspx>**

## Friday, May 16, 2025

---

### Toddler Time

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

Address: 9908 Penhorwood Street

Toddler Time is our parent-supervised drop-in program!

- Enjoy food and drinks outside the play areas to keep the equipment clean and safe for everyone.
- Monitor children to ensure this is a safe and fun space for all to enjoy.

**Ages:** 0-5

**Cost:** \$5.00 (Under 1 are free)

**Location:** Syncrude Sport and Wellness Centre

### Seniors Walk

Date and Time: Friday, May 16 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

# Monday, May 19, 2025

---

## Victoria Day Hours

Date and Time: Monday, May 19 8:00 am - 8:00 pm

Address: 9908 Penhorwood Street

The Syncrude Sport and Wellness Centre will be open on Victoria Day, May 19th, from 8 am to 8 pm.

Regular hours of operation will resume the next day, May 20th, at 5 am to 11 pm.

## Seniors Walk

Date and Time: Monday, May 19 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

# Tuesday, May 20, 2025

---

## Toddler Time

Date and Time: Tuesday, May 20 8:00 am - 3:00 pm

Address: 9908 Penhorwood Street

Toddler Time is our parent-supervised drop-in program!

- Enjoy food and drinks outside the play areas to keep the equipment clean and safe for everyone.
- Monitor children to ensure this is a safe and fun space for all to enjoy.

**Ages:** 0-5

**Cost:** \$5.00 (Under 1 are free)

**Location:** Syncrude Sport and Wellness Centre

## Seniors Walk

Date and Time: Tuesday, May 20 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

## Women Only Workout Space

Date and Time: Tuesday, May 20 9:00 am - 11:00 am

Address: 9908 Penhorwood Street

Join us twice a week for our Women-Only Workout Space! A supportive environment where women of all ages and fitness levels can exercise with confidence.

**Days:** Tuesdays and Thursdays

**Morning session:** 9 AM to 11 AM

**Evening session:** 7 PM to 9 PM

**Location:** High-Performance Studio (Syncrude Sport and Wellness Centre)

**Check-in to grab a wristband at Guest Services or at the Fitness Desk before entering the space.**

**Day passes and membership rates - <https://www.keyano.ca/en/athletics-and-fitness/memberships.aspx>**

## PARE Testing

Date and Time: Tuesday, May 20 11:30 am - 1:30 pm

Address: 9908 Penhorwood Street

The Physical Abilities Requirement Evaluation (PARE) is a test use to assess a person's ability to perform the physical demands of police, and similar, work.

**For the test:** Please ensure to wear proper workout attire (shorts, leggings, sweat pants, t-shirt, tank top etc.), as well as clean indoor shoes (runners or trainers). Bring a water bottle and maybe even a small snack or Gatorade for after to aid in recovery. Make sure to have a small meal or snack 1-2 hours before the test.

This is a very physical test and recovery could take some time. We will test your vitals before the test, as well as after to ensure you've recovered before leaving the facility.

Please check in at the main Guest Services desk when you arrive for your test. Please arrive 15 minutes before scheduled time.

**Location:** Fieldhouse #3 (Syncrude Sport and Wellness Centre)

**A minimum of 3 participants is required to run the PARE test. If less than 3 are registered, you will be notified and a refund or reschedule will be completed.**

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

## Women Only Workout Space

Date and Time: Tuesday, May 20 7:00 pm - 9:00 pm

Address: 9908 Penhorwood Street

Join us twice a week for our Women-Only Workout Space! A supportive environment where women of all ages and fitness levels can exercise with confidence.

**Days:** Tuesdays and Thursdays

**Morning session:** 9 AM to 11 AM

**Evening session:** 7 PM to 9 PM

**Location:** High-Performance Studio (Syncrude Sport and Wellness Centre)

**Check-in to grab a wristband at Guest Services or at the Fitness Desk before entering the space.**

**Day passes and membership rates - <https://www.keyano.ca/en/athletics-and-fitness/memberships.aspx>**

## Wednesday, May 21, 2025

---



## Toddler Time

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

Address: 9908 Penhorwood Street

Toddler Time is our parent-supervised drop-in program!

- Enjoy food and drinks outside the play areas to keep the equipment clean and safe for everyone.
- Monitor children to ensure this is a safe and fun space for all to enjoy.

**Ages:** 0-5

**Cost:** \$5.00 (Under 1 are free)

**Location:** Syncrude Sport and Wellness Centre

## Seniors Walk

Date and Time: Wednesday, May 21 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

## Seniors Walk

Date and Time: Wednesday, May 21 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

## Thursday, May 22, 2025

---

### Seniors Walk

Date and Time: Thursday, May 22 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

### Women Only Workout Space

Date and Time: Thursday, May 22 9:00 am - 11:00 am

Address: 9908 Penhorwood Street

Join us twice a week for our Women-Only Workout Space! A supportive environment where women of all ages and fitness levels can exercise with confidence.

**Days:** Tuesdays and Thursdays

**Morning session:** 9 AM to 11 AM

**Evening session:** 7 PM to 9 PM

**Location:** High-Performance Studio (Syncrude Sport and Wellness Centre)

**Check-in to grab a wristband at Guest Services or at the Fitness Desk before entering the space.**

**Day passes and membership rates - <https://www.keyano.ca/en/athletics-and-fitness/memberships.aspx>**

## Women Only Workout Space

Date and Time: Thursday, May 22 7:00 pm - 9:00 pm

Address: 9908 Penhorwood Street

Join us twice a week for our Women-Only Workout Space! A supportive environment where women of all ages and fitness levels can exercise with confidence.

**Days:** Tuesdays and Thursdays

**Morning session:** 9 AM to 11 AM

**Evening session:** 7 PM to 9 PM

**Location:** High-Performance Studio (Syncrude Sport and Wellness Centre)

**Check-in to grab a wristband at Guest Services or at the Fitness Desk before entering the space.**

**Day passes and membership rates - <https://www.keyano.ca/en/athletics-and-fitness/memberships.aspx>**

## Friday, May 23, 2025

---

### Seniors Walk

Date and Time: Friday, May 23 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

## Monday, May 26, 2025

---

## Seniors Walk

Date and Time: Monday, May 26 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

## Tuesday, May 27, 2025

---

### Toddler Time

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

Address: 9908 Penhorwood Street

Toddler Time is our parent-supervised drop-in program!

- Enjoy food and drinks outside the play areas to keep the equipment clean and safe for everyone.
- Monitor children to ensure this is a safe and fun space for all to enjoy.

**Ages:** 0-5

**Cost:** \$5.00 (Under 1 are free)

**Location:** Syncrude Sport and Wellness Centre

### Seniors Walk

Date and Time: Tuesday, May 27 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

## Women Only Workout Space

Date and Time: Tuesday, May 27 9:00 am - 11:00 am

Address: 9908 Penhorwood Street

Join us twice a week for our Women-Only Workout Space! A supportive environment where women of all ages and fitness levels can exercise with confidence.

**Days:** Tuesdays and Thursdays

**Morning session:** 9 AM to 11 AM

**Evening session:** 7 PM to 9 PM

**Location:** High-Performance Studio (Syncrude Sport and Wellness Centre)

**Check-in to grab a wristband at Guest Services or at the Fitness Desk before entering the space.**

**Day passes and membership rates - <https://www.keyano.ca/en/athletics-and-fitness/memberships.aspx>**

## Women Only Workout Space

Date and Time: Tuesday, May 27 7:00 pm - 9:00 pm

Address: 9908 Penhorwood Street

Join us twice a week for our Women-Only Workout Space! A supportive environment where women of all ages and fitness levels can exercise with confidence.

**Days:** Tuesdays and Thursdays

**Morning session:** 9 AM to 11 AM

**Evening session:** 7 PM to 9 PM

**Location:** High-Performance Studio (Syncrude Sport and Wellness Centre)

**Check-in to grab a wristband at Guest Services or at the Fitness Desk before entering the space.**

## Wednesday, May 28, 2025

---

### Toddler Time

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

Address: 9908 Penhorwood Street

Toddler Time is our parent-supervised drop-in program!

- Enjoy food and drinks outside the play areas to keep the equipment clean and safe for everyone.
- Monitor children to ensure this is a safe and fun space for all to enjoy.

**Ages:** 0-5

**Cost:** \$5.00 (Under 1 are free)

**Location:** Syncrude Sport and Wellness Centre

### Seniors Walk

Date and Time: Wednesday, May 28 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

## Thursday, May 29, 2025

---

### Toddler Time

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

Address: 9908 Penhorwood Street

Toddler Time is our parent-supervised drop-in program!

- Enjoy food and drinks outside the play areas to keep the equipment clean and safe for everyone.
- Monitor children to ensure this is a safe and fun space for all to enjoy.

**Ages:** 0-5

**Cost:** \$5.00 (Under 1 are free)

**Location:** Syncrude Sport and Wellness Centre

## Seniors Walk

Date and Time: Thursday, May 29 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.

## Women Only Workout Space

Date and Time: Thursday, May 29 9:00 am - 11:00 am

Address: 9908 Penhorwood Street

Join us twice a week for our Women-Only Workout Space! A supportive environment where women of all ages and fitness levels can exercise with confidence.

**Days:** Tuesdays and Thursdays

**Morning session:** 9 AM to 11 AM

**Evening session:** 7 PM to 9 PM

**Location:** High-Performance Studio (Syncrude Sport and Wellness Centre)

**Check-in to grab a wristband at Guest Services or at the Fitness Desk before entering the space.**

**Day passes and membership rates - <https://www.keyano.ca/en/athletics-and-fitness/memberships.aspx>**

## Women Only Workout Space

Date and Time: Thursday, May 29 7:00 pm - 9:00 pm

Address: 9908 Penhorwood Street

Join us twice a week for our Women-Only Workout Space! A supportive environment where women of all ages and fitness levels can exercise with confidence.

**Days:** Tuesdays and Thursdays

**Morning session:** 9 AM to 11 AM

**Evening session:** 7 PM to 9 PM

**Location:** High-Performance Studio (Syncrude Sport and Wellness Centre)

**Check-in to grab a wristband at Guest Services or at the Fitness Desk before entering the space.**

**Day passes and membership rates - <https://www.keyano.ca/en/athletics-and-fitness/memberships.aspx>**

## Friday, May 30, 2025

---

### Seniors Walk

Date and Time: Friday, May 30 9:00 am - 1:00 pm

Address: 9908 Penhorwood St

Seniors (+55) can walk the track for FREE during the week days.

**Days:** Monday to Friday

**Time:** 9 am to 1 pm

**Location:** Syncrude Sport and Wellness Centre

Stop by Guest Services to get a wristband beforehand.