

## Monday, March 4, 2024

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### Move With Me Workshop

Date and Time: Monday, March 4 10:30 am - 11:30 am

Address: 9908 Penhorwood street

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/1832?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1832?onlineSiteId=0&from_original_cui=true)

### Yoga Fix W/ Andrea

Date and Time: Monday, March 4 12:10 pm - 12:50 pm

Address: 9908 Penhorwood street

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 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 W/ Karin

Date and Time: Monday, March 4 6:30 pm - 7:30 pm

Address: 9908 Penhorwood street

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

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

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## Tuesday, March 5, 2024

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### Rhythm Ride 40 with Priscilla

Date and Time: Tuesday, March 5 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, March 5 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, March 6, 2024

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### High-Low Fit with Rachel

Date and Time: Wednesday, March 6 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, March 6 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)

## Toddler Time

Date and Time: Thursday, March 7 8:30 am - 3:30 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)

## Core Power 40 with Priscilla

Date and Time: Thursday, March 7 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, March 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?>

## Yin Yoga with Nexcy

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

Address: 908 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, March 8, 2024

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### Toddler Time

Date and Time: Friday, March 8 8:30 am - 4:00 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: Friday, March 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

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)**

## **Saturday, March 9, 2024**

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### **Active Yoga Flow with Andrea**

Date and Time: Saturday, March 9 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, March 9 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!

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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)**

## **Sunday, March 10, 2024**

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## Teen Weight Trainer Course

Date and Time: Sunday, March 10 12:00 pm - 2:00 pm

Address: 9908 Penhorwood street

**Our Teen Weight Trainers course is a prerequisite for ages 13-15 to utilize our fitness centre.** This course covers everything you need to know to help you start your health & wellness journey!

- 1) Learn how to train safely & effectively
- 2) Importance of warming up & benefits of a cool-down
- 3) Introduction to various pieces of gym equipment
- 4) Better understanding of movement mechanics
- 5) Education on body composition, muscular endurance, muscular strength, flexibility & cardiovascular endurance

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

## Monday, March 11, 2024

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### Move With Me Workshop

Date and Time: Monday, March 11 10:30 am - 11:30 am

Address: 9908 Penhorwood street

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.

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## Toddler Time

Date and Time: Monday, March 11 12:00 pm - 4:00 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)

## Yoga Fix W/ Andrea

Date and Time: Monday, March 11 12:10 pm - 12:50 pm

Address: 9908 Penhorwood street

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 the Fitness Desk or at Guest Services prior to attending fitness classes.**

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## Zumba W/ Karin

Date and Time: Monday, March 11 6:30 pm - 7:30 pm

Address: 9908 Penhorwood street

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

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## Tuesday, March 12, 2024

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## Rhythm Ride 40 with Priscilla

Date and Time: Tuesday, March 12 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.

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## Full Body Burn W/ Taylor

Date and Time: Tuesday, March 12 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!

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## Wednesday, March 13, 2024

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### Toddler Time

Date and Time: Wednesday, March 13 8:30 am - 2:30 pm

Address: 9908 Penhorwood St

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

Age: 0-5

Cost: \$5.00 (Under 1 are free)

## High-Low Fit with Rachel

Date and Time: Wednesday, March 13 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

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## Move With Me

Date and Time: Wednesday, March 13 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.

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# Thursday, March 14, 2024

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## Toddler Time

Date and Time: Thursday, March 14 8:30 am - 4:00 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, March 14 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.

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## Full Body Burn W/Taylor

Date and Time: Thursday, March 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!

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## Yin Yoga with Nexcy

Date and Time: Thursday, March 14 7:30 pm - 8:30 pm

Address: 908 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

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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)

## Friday, March 15, 2024

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### High-Low Fit with Rachel

Date and Time: Friday, March 15 12:10 pm - 12:50 pm

Address: 908 Penhorwood St

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## Saturday, March 16, 2024

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### Active Yoga Flow with Andrea

Date and Time: Saturday, March 16 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, March 16 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)**

## **Monday, March 18, 2024**

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### **Move With Me Workshop**

Date and Time: Monday, March 18 10:30 am - 11:30 am

Address: 9908 Penhorwood street

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/1832?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1832?onlineSiteId=0&from_original_cui=true)

## Toddler Time

Date and Time: Monday, March 18 12:00 pm - 4:00 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)

## Yoga Fix W/ Andrea

Date and Time: Monday, March 18 12:10 pm - 12:50 pm

Address: 9908 Penhorwood street

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 the Fitness Desk or at Guest Services prior to attending fitness classes.**

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## Zumba W/ Karin

Date and Time: Monday, March 18 6:30 pm - 7:30 pm

Address: 9908 Penhorwood street

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

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

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## Tuesday, March 19, 2024

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### Toddler Time

Date and Time: Tuesday, March 19 8:30 am - 4:00 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, March 19 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.

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### Full Body Burn W/ Taylor

Date and Time: Tuesday, March 19 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

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

All fitness levels welcome!

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

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

## Wednesday, March 20, 2024

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### High-Low Fit with Rachel

Date and Time: Wednesday, March 20 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, March 20 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)

## Thursday, March 21, 2024

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### Core Power 40 with Priscilla

Date and Time: Thursday, March 21 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 Course

Date and Time: Thursday, March 21 4:30 pm - 6:30 pm

Address: 9908 Penhorwood street

**Our Teen Weight Trainers course is a prerequisite for ages 13-15 to utilize our fitness centre.** This course covers everything you need to know to help you start your health & wellness journey!

- 1) Learn how to train safely & effectively
- 2) Importance of warming up & benefits of a cool-down
- 3) Introduction to various pieces of gym equipment
- 4) Better understanding of movement mechanics
- 5) Education on body composition, muscular endurance, muscular strength, flexibility & cardiovascular endurance

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

## Full Body Burn W/Taylor

Date and Time: Thursday, March 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)

## Yin Yoga with Nexcy

Date and Time: Thursday, March 21 7:30 pm - 8:30 pm

Address: 908 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, March 22, 2024

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### High-Low Fit with Rachel

Date and Time: Friday, March 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 HI

GH 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, March 23, 2024**

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### **Active Yoga Flow with Andrea**

Date and Time: Saturday, March 23 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, March 23 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, March 24, 2024**

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## Teen Weight Trainer Course

Date and Time: Sunday, March 24 12:00 pm - 2:00 pm

Address: 9908 Penhorwood street

**Our Teen Weight Trainers course is a prerequisite for ages 13-15 to utilize our fitness centre.** This course covers everything you need to know to help you start your health & wellness journey!

- 1) Learn how to train safely & effectively
- 2) Importance of warming up & benefits of a cool-down
- 3) Introduction to various pieces of gym equipment
- 4) Better understanding of movement mechanics
- 5) Education on body composition, muscular endurance, muscular strength, flexibility & cardiovascular endurance

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

## Monday, March 25, 2024

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### Move With Me Workshop

Date and Time: Monday, March 25 10:30 am - 11:30 am

Address: 9908 Penhorwood street

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/1832?onlineSiteId=0&from\\_original\\_cui=true](https://anc.ca.apm.activecommunities.com/keyano/activity/search/detail/1832?onlineSiteId=0&from_original_cui=true)

## Toddler Time

Date and Time: Monday, March 25 12:00 pm - 4:00 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)

## Yoga Fix W/ Andrea

Date and Time: Monday, March 25 12:10 pm - 12:50 pm

Address: 9908 Penhorwood street

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 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 W/ Karin

Date and Time: Monday, March 25 6:30 pm - 7:30 pm

Address: 9908 Penhorwood street

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

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

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

## Tuesday, March 26, 2024

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## Toddler Time

Date and Time: Tuesday, March 26 8:30 am - 4:00 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, March 26 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, March 26 5:00 pm - 6:00 pm

Address: 9908 Penhorwood street

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

All fitness levels welcome!

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

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

## Wednesday, March 27, 2024

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### High-Low Fit with Rachel

Date and Time: Wednesday, March 27 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, March 27 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>

## Thursday, March 28, 2024

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### Core Power 40 with Priscilla

Date and Time: Thursday, March 28 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)**

## Friday, March 29, 2024

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### Easter Hours

Date and Time: Friday, March 29 8:00 am - 8:00 pm

Address: 9908 Penhorwood St

Our hours of operation for Easter weekend, March 29 - April 1, will be from 8:00 am - 8:00 pm!

Regular hours of operation will resume on Tuesday, April 2, from 5:00 am - 11:00 pm.

Please note that no running fitness classes will occur on those dates.

## Saturday, March 30, 2024

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### Easter Hours

Date and Time: Saturday, March 30 8:00 am - 8:00 pm

Address: 9908 Penhorwood St

Our hours of operation for Easter weekend, March 29 - April 1, will be from 8:00 am - 8:00 pm!

Regular hours of operation will resume on Tuesday, April 2, from 5:00 am - 11:00 pm.



Please note that no running fitness classes will occur on those dates.

## Sunday, March 31, 2024

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### Easter Hours

Date and Time: Sunday, March 31 8:00 am - 8:00 pm

Address: 9908 Penhorwood St

Our hours of operation for Easter weekend, March 29 - April 1, will be from 8:00 am - 8:00 pm!

Regular hours of operation will resume on Tuesday, April 2, from 5:00 am - 11:00 pm.

Please note that no running fitness classes will occur on those dates.

### Toddler Time

Date and Time: Sunday, March 31 9:00 am - 4:00 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)

<https://calendar.keyano.ca>