

Winter Fitness & Recreation Schedule

January 8 to April 1, 2023

Registered Programs: January 9 to March 25, 2023

Recreation Sports: January 8 to April 1, 2023

* Registered Program Drop-in Recreation Sports Drop-in Group Fitness

No classes on statutory holidays

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:15 to 7 a.m. Boot Camp MLC Court 2		6:15 to 7 a.m. Boot Camp MLC Court 2			
9 to 10 a.m. Strength MLC Court 2	9 to 10 a.m. Silver Shoes MLC Court 2		9 to 10 a.m. Silver Circuit MLC Court 2	9 to 10 a.m. Lift MLC Court 2	9 to 10 a.m. Boot Camp MLC Court 2	9 to 10 a.m. *Yoga Four Winds
	10 to 11 a.m. Pickleball Beginner Coaching MLC Court 3	9 a.m. to 4 p.m. Pickleball MLC Court 3	10 a.m. to 12 p.m. Pickleball Workshops MLC Court 3 Jan 12, Feb 2, Mar 2	9 a.m. to 4 p.m. Pickleball MLC Court 3	9 a.m. to 12 p.m. Pickleball MLC Court 3	9 a.m. to 12 p.m. Badminton MLC Court 3
10:15 to 10:45 a.m. Core Express MLC Court 2	10:15 to 10:45 a.m. Stretch & Restoration MLC Court 2	10:15 to 11:15 a.m. Chair Yoga MLC Court 2	10:15 to 10:45 a.m. Core Express MLC Court 2	10:15 to 10:45 a.m. Cardio Kickboxing MLC Court 2	10:15 to 11 a.m. *TRX Circuit MLC Court 2	
	11 a.m. to 12 p.m. Pickleball Beginner MLC Court 3					
11:30 a.m. to 12:15 p.m. *Baby & Me MLC Court 2	11 a.m. to 12 p.m. *Home School Phys Ed MLC Court 2	11:30 a.m. to 12:15 p.m. *Stroller Fit MLC Track	11 a.m. to 12 p.m. *Home School Phys Ed MLC Court 2	11:45 a.m. to 12:45 p.m. Chair Fit MLC Court 2		
4 to 4:45 p.m. *Youth Dryland Athletic Training MLC Court 2	5 to 5:45 p.m. *Youth Sport & Play MLC Court 2	4 to 4:45 p.m. *Youth Yoga MLC Court 2	5 to 5:45 p.m. *Little Sportster MLC Court 2			
5:15 to 6 p.m. Silver Shoes MLC Court 2	5 to 8 p.m. Pickleball MLC Court 3	5 to 5:45 p.m. *Youth Dryland Athletic Training MLC Court 2	5 to 8 p.m. Badminton MLC Court 3	4 to 6 p.m. Family Floor Hockey MLC Court 2	5 to 8 p.m. Youth Volleyball MLC Court 2	5 to 7 p.m. Pickleball MLC Court 3
6:15 to 7:15 p.m. Lift MLC Court 2	6:15 to 7 p.m. *Barre Four Winds	6:15 to 7 p.m. Cardio Circuit MLC Court 2	6:15 to 7:15 p.m. Zumba MLC Court 2			
	7:15 to 8:15 p.m. *Yoga Four Winds	7:30 to 10:30 p.m. Adult Volleyball MLC Court 2		6 to 8 p.m. Adult Floor Hockey MLC Court 2		
7:30 to 8:30 p.m. *Yoga Four Winds		7:30 to 8:30 p.m. *Roll & Release MLC MR 2				7 to 10 p.m. Family Volleyball MLC Court 2

Landrex Arena Drop-in Schedule

January 8 to April 1, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:15 to 7:30 a.m. Adult Shiny		6:15 to 7:30 a.m. Early Morning Skate			
	9:45 to 11:45 a.m. Free Public Skate <i>Sponsored by Pembina</i>		9:45 to 11:45 a.m. Parent & Tot Shiny			
				11:30 a.m. to 1 p.m. Adult Shiny		12:30 to 2:30 p.m. Family Fun Skate <i>Sponsored by Champion Pet Foods</i>
3:15 to 4:45 p.m. Youth Shiny	3:15 to 4:45 p.m. Children's Shiny		3:15 to 4:45 p.m. Family Shiny	3:30 to 5 p.m. Youth Shiny		

To register for programs, visit: morinville.recdesk.com or call the MLC: 780-939-3450