

Summer Fitness Schedule

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June 29 to August 29, 2026

Child/Youth

Adults/Older Adults

ABBPS: Atlas Builder Buddies Play Space

MCSnet: MCSnet Court

APHR: Atlas Premium Homes Room

(formerly Court 2)

SCR: Sturgeon County Room

MLC3: Court 3



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Strong Start 6:15 to 7 a.m. (MCSNet)		Strong Start 6:15 to 7 a.m. (MCSNet)		
	Strong to the CORE 9 to 10 a.m. (MCSNet)	Silver Shoes 9 to 10 a.m. (MCSNet)	Step & Strength 9 to 10 a.m. (MCSNet)	Silver Circuit 9 to 10 a.m. (MCSNet)	Lift 9 to 10 a.m. (MCSNet)	Total Body Blast 9 to 10 a.m. (MCSNet)
		Learn to Play Pickleball 10:30 to 11:30 a.m. (MLC 3)	Chair Yoga 9:15 to 10:15 a.m. (APHR)	Sit & Fit 10:15 to 10:45 a.m. (MCSNet)	Chair Yoga 10:30 to 11:30 a.m. (APHR)	Roll & Release 9:15 to 10 a.m. (MCSNet)
		Sit & Fit 10:15 to 10:45 a.m. (MCSNet)		Learn to Play Pickleball 10:30 to 11:30 a.m. (MLC 3)		
					Lunchtime BURN! 12:15 to 12:45 p.m. (MCSNet)	
Cardio Kickboxing 4:30 to 5 p.m. (MCSNet)	Forever Fit 5:15 to 6 p.m. (MCSNet)	Tabata Express 5:15 to 5:45 p.m. (MCSNet)		Sweet Stairs 5 to 5:45 p.m. (FH Concourse)	FREE Pembina Youth Activate 3 to 8 p.m. Ages 12 to 19	
Sunday FUNday Pump 5:15 to 6 p.m. (MCSNet)	Lift 6:15 to 7:15 p.m. (MCSNet)	sTEEL ABS 6 to 6:45 p.m. (MCSNet)	Cardio Circuit 6 to 6:45 p.m. (MCSNet)	Roll & Release 6 to 6:45 p.m. (MCSNet)		

Please review the program description in the guide for registration details and class start dates.