

EDMONTON GARRISON

WINTER 2026

Fitness Centre

COMMUNITY PROGRAM GUIDE



FOLLOW US ONLINE!

@EDMFITCENTRE

Welcome

Thoughts from Community Recreation

As the snow settles in and the temperatures dip, we know how easy it is to hibernate, but we've got plenty of ways to keep you moving, learning, and connecting this season! From curling lessons to cooking workshops, and even personalized training sessions, there's something for everyone to stay active and beat those winter blues indoors.

Mark your calendars for Family Day on February 16! This is a big celebration that brings our community together with fun activities for all ages, and we've got lots in store.

As we look ahead to a new year, we're excited to continue offering programs that inspire healthy habits and bring people together. Whether you're trying something new or sticking with your favorite activities, we're here to help you make the most of winter. Let's keep the energy high!

Flip through this guide and find your next favorite activity.
Your winter plans start here!

Membership & Day Pass Price Changes – Effective January 1, 2026

Starting in the new year, we will be updating our membership and day pass pricing. These changes reflect our commitment to maintaining high-quality facilities and programs for our community, adjusting to keep up with ever-rising programming costs, and doing what we can to keep those costs as low as possible for our military members and families.

When we attempted to do some programming price changes for the fall, we received the community's feedback and have pivoted accordingly. With these changes, we will be going back to inclusive memberships once again reflecting more of an all-in-one pricing model vs. additional fees.

We appreciate your continued support and look forward to serving you in 2026 and beyond!



STAFF
FEATURE!



Recreation's Commitment to the Community

From Fitness Supervisor, Elyssa Lo

Hi, I'm Elyssa! I am the Community Recreation Supervisor (Fitness) at CFB Edmonton and have been lucky enough to turn lifelong passion for community and recreation into a career. Recreation has always served as a happy place for me, whether it be sports and fitness to arts and culture. My journey started as a youth volunteer and led me to earn a BSc in Kinesiology from the University of Alberta and work with both the University of Alberta and Sturgeon County in Recreation.

For the past two and a half years, I've worn many hats here: Rec Leader, Senior Rec Leader, and now Supervisor. Although fitness is in my title you might know me from our youth volunteer program, martial arts, leagues, or special events. When I'm not at work, you'll probably find me rock climbing, trying a new sport, camping, or adventuring with my pup. And if you see me speedwalking across the facility, don't worry, that's just my normal pace! Feel free to say hi, share a good pun or strike up a conversation anytime.

Memberships

Inclusive Membership

*Prices effective January 1st, 2026

Our best value! Inclusive members have complimentary access to all facilities and almost all recreation programs at no additional charge. This includes fitness classes, swimming lessons, recreation programs for youth, and more! In addition, they receive member pricing on Fitness Centre services such as personal training and workshops.

Child	Adult	Family
\$65/month	\$100/month	\$170/month

Core Membership

Core members have complimentary access to all facilities. In addition, they receive discounts on specialty programs and member pricing on Fitness Centre events.

Child	Adult	Family
\$45/month	\$60/month	\$120/month

Discounts Available!

We offer discounts on our membership rates to:

- Military Personnel
- Veterans
- Military Families
- DND Civilians
- RCMP
- Sturgeon County Residents & Employees
- First Responders

If you qualify, we encourage you to inquire for more details!

Membership Terms & Conditions

All memberships are offered on a continuous term without a joining or cancellation fee. Clients may cancel their membership at any time. Clients requesting a defined term such as 6 months will be subject to a \$5 surcharge per month and must pay the full amount of the term upfront. Please consult the Front Desk for restrictions regarding the family memberships. All Core and Inclusive Memberships include access to the Edmonton Garrison Community Library as well as limited access to the Edmonton Garrison Twin Rinks Arena. Please consult the Edmonton Garrison Fitness Centre Membership Sales & Services Desk for more details about those facilities.

Standard Drop-in Rates

Adult (18+): \$12
Youth (3-17 yrs) & 55+: \$10
Infant (0-2 yrs): FREE
Family: \$25

Drop-in Includes Access to:

Drop-in Pickleball: Fri 6:00-9:00pm
Sat 9:00am-12:00pm
Open Climb: Thurs 5:00-9:00pm
Open Skate: Sun 2:45-3:30pm
Open Shinny: Mon 5:30-7:00pm
Public/Lane Swim: Various times





Facility

Info



Hours of Operation

Monday to Friday: 0600hrs-2200hrs

Saturday, Sunday: 0800hrs-2000hrs

*Holiday hours are subject to change

*Closed Christmas Day & New Years Day

Address

185 Hwy 28A

Lancaster Park, AB

TOA 2H0

Contact Us

For all inquiries, please email us at

edmfitcentre@cfmws.com, or call us at **780-973-4011** and use the following extensions:

Membership Sales & Services: **528-4392**

Aquatics, Rec Fitness, Youth Programs: **528-4694**

Military Fitness & Sports: **528-4324**

Facilities: **528-4327**

Facility Admission Policy

In accordance with **Garrison Standing Order 119** all persons entering the Fitness Centre are required to provide photo identification and may have their facility access restricted or denied if they do not have proper identification.

All children under 8 must be accompanied by a caregiver. The caregiver must be within arms reach of the child at all times while in the aquatic facilities.

All children ages 8-11 must be accompanied by an caregiver in the facility.

All patrons over the age of 12 may use the facility unaccompanied. Patrons may be subject to a swim test while in the aquatic facilities. A Youth Intro to Weights course is required for youth 13+ to use the weight room (see pg. 19 for details). Upon successful completion, youth 13+ may use the weight room with parental consent. The Warrior Room is restricted to patrons **18+**.

Please Note: A caregiver is defined as 16 years or older. A caregiver may supervise up to four children. Staff may apply the facility swim test standard to any person. Any person who fails the facility swim test standard will be denied aquatic facility access.

All facility times and available spaces are subject to change and/or military operation.

Located at the corner of Mons Avenue and Range Road 244 and less than 5 minutes from North Edmonton, the Edmonton Garrison Fitness Centre is open to military members, their families, and the general public. We offer a range of amenities, programs, and services. With approximately 12 000 square metres of usable indoor floor space, the EGFC has a lot to offer!

Amenities

Indoor Facilities

- 200m running track
- 4 full size basketball courts
- 4 full size volleyball courts
- 4 full size badminton courts
- 4 squash courts
- 3 pickleball courts
- 25y swimming pool
- Whirlpool
- Leisure pool
- Co-ed dry sauna
- Change rooms
- Climbing Wall
- Indoor cycle area
- Functional strength training space
- Unarmed combat room
- Weights & cardio room with 50+ cardio machines, 80+ weight machines, and free weights

Outdoor Facilities

- Community Rink
- Rugby field
- 3 community playgrounds
- Soccer pitches
- Running trails
- Skateboard park
- Tennis Courts
- Softball fields
- Dog park

Other Facilities

- Self-service Auto Shop
- Self-service Wood Shop
- RV Compound
- Equestrian Centre
- Community Gardens
- Community Library
- Twin Rinks Arena
- Community Centre

Clubs

Archery Club

This club operates year round offering indoor and outdoor target shooting opportunities. They oversee bow hunting from Sept-Dec each year in designated areas on base property.

Garden Club

Nothing beats the taste of home grown fresh produce! Multiple garden plots are available for seasonal lease and plots are distributed on a first come, first served basis.

Saddle Club

This is a co-op club with varying breeds and disciplines. PSP stables has 42 stalls, indoor and outdoor riding arenas and more. Club members must own a horse and share in club chores and work parties. Must be a military member to join club.

Shooting Club

Their aim is good marksmanship! This club conducts recreational shooting activities to promote the safe and responsible enjoyment of firearms and the outdoors.

Wood Hobby Club

The Wood Hobby Club provides a variety of equipment and tools for the creation of personal projects. Novice to expert skill levels welcome!

For more information on our facilities, clubs, and services, please visit:
CFMWS.ca/Edmonton.

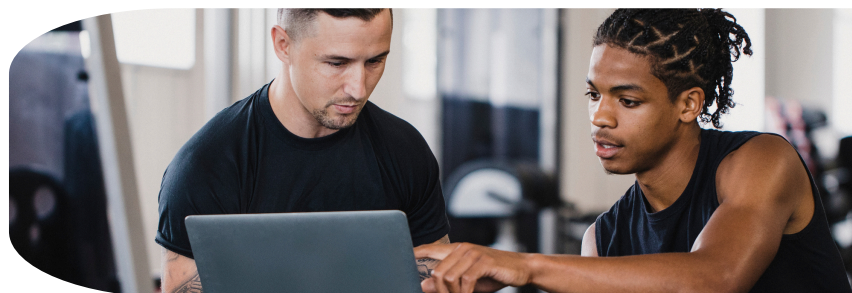


Other Services

Personal Training

Whether you would like personal guidance or group classes, our personal trainers can help you achieve your wellness goals.

Prices are per session (plus GST). Please direct inquiries to edmfittcentre@cfmws.com.



Individual

Membership	1-5 Sessions	6-11 Sessions	12 Sessions
Member	\$70	\$65	\$60
Non-member	\$80	\$75	\$70

Group

Membership	1-5 Sessions	6-11 Sessions	12 Sessions
Member	\$40	\$35	\$30
Non-member	\$50	\$45	\$40

Dryland Sports Training

Athletes have goals of enhancing strength, power, speed, agility, quickness, reaction, and more to improve abilities in their respective sport of choice. General fitness training can involve the same movements that athletes require, but Dryland Sports Training is more specific to the demands of that particular sport. DST programs are designed in a year-round fashion, built around the seasons of an athlete.

Please direct DST inquiries to Lo.Elyssa@cfmws.com.

Private Swimming Lessons

For those looking to up their swimming game, or wish for more one-on-one instruction, we have private lesson times available for booking. Available times this session are:

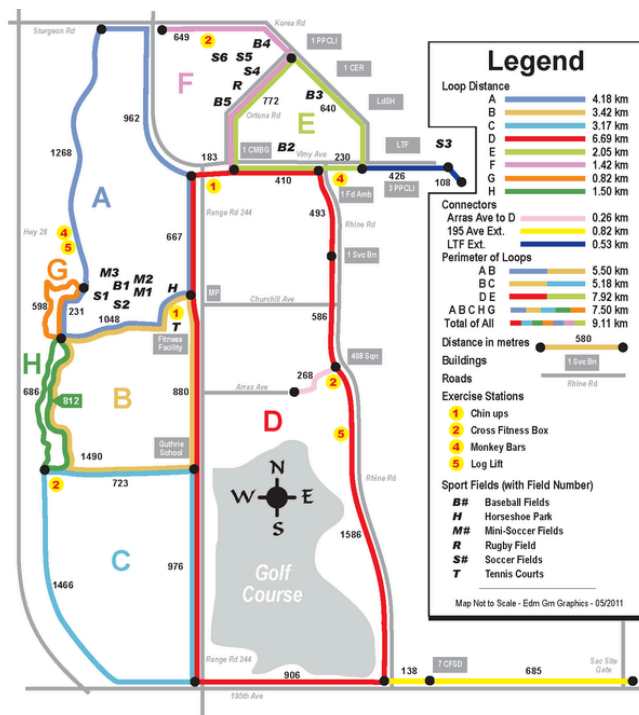
Mondays: 7:15pm, 7:45pm
Tuesdays: 7:15pm, 7:45pm
Wednesdays: 7:15pm
Thursdays: 7:15pm, 7:45pm
Fridays: 7:15pm
Saturdays: 11:00am, 11:45am
Sundays: 9:00am, 9:30am

Party Planners

We love parties at Edmonton Garrison Fitness Centre and we love seeing families and friends getting together to celebrate one another! With a variety of party packages to choose from, we aim to help you celebrate your special event just the way you want to, without the hassle of cleanup. We offer various themes as well as team building parties perfect for any sports team! For more info, please reach out to us at ryce.anthony@cfmws.com.

Walking/Running Trails

The Edmonton Garrison has a large network of trails for use, including 4 exercise station stops.



Registration

How to Register

Select your membership: You can choose one of our membership levels, which apply discounts or give complimentary access to programs. Non-members may still access programs for their full price.

Select your program: Programs are divided by age category with a wide range of activities available. Have a look through this guide for a quick glance at what's available, or head to bkk.cfmws.com/edmontonpub for program descriptions. **Inclusive members are still required to register for programs they wish to take part in.** Please note that any programs in this guide marked with a ★ are premium programs with additional fees for inclusive members.

Select your registration method: Register online at bkk.cfmws.com/edmontonpub or register over the phone with a valid credit card at (780) 973-4011 ext 528-4392. In person registration is available at the Front Desk. Payment by major credit card, debit card, and cash are available. There are two registration dates per session: priority registration is available to military members, veterans, and their families starting **November 17, 2025** (via phone or in person only), with general registration opening **November 24, 2025**.

Program Cancellations

All classes are subject to cancellation if there are insufficient registrations by the second week after programs start. Classes may also be cancelled as a result of weather conditions or facility issues. Clients paying a program fee are entitled to a prorated refund for any class not delivered in the event of a program or class cancellation.

Refunds

If circumstances beyond your control impact your ability to participate in our programs and/or it becomes necessary for you to transfer to another date/time, please contact the EGFC Front Desk during regularly scheduled business hours. Full refunds for medical or military related reasons (military members only) will be authorized prior to the program start date; after the start date refunds will be prorated. All other full refund requests must be received five business days prior to the start of the program; after the start of the program refunds will be prorated. If 50% or more of the program has elapsed, no refund will be issued. If the program advertises a required non-refundable deposit, no refund will be issued for the deposit. In the case of a dispute, refund decisions will be made by the local Senior Manager, Personnel Support Programs.

Our Commitment to Quality

Personnel Support Programs (PSP) strives to provide innovative and creative facilities, programs, and services designed to meet the diverse needs of the Canadian Forces community. We strive to offer programs and services that are of excellent quality and value. For any concerns regarding the quality of our programs and/or instructors, please contact the Front Desk immediately so that they may resolve your concerns.

We're an High Five® Affiliated Organization!

High Five® is a national standard for sport and recreation, founded by Parks and Recreation Ontario. It is designed to support safety, well-being and healthy development of participants in recreation and sport programs. Initially launched in 2001, this quality assurance framework seeks to ensure all participants experience healthy development from their participation in recreation and sport programs.



Jumpstart® Program

Jumpstart Funding® available to children of all members of the Canadian Forces through Canadian Tire's Jumpstart Foundation. Funding is for children ages 4-18 to access sports at all levels. Visit jumpstart.canadiantire.ca for more information.



Ages 0-2



The first few years of life are a time of rapid growth and development, and our programs for 0-2 year olds are designed to support and encourage this growth. With a focus on play-based learning and sensory exploration, our activities help to develop fine and gross motor skills, foster social and emotional development, and promote language and cognitive development. Our nurturing and supportive environment provides a safe and stimulating space for these young children to learn and grow, while having fun and building a strong foundation for their future development.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AQUATICS							
Parent & Tot	4:30pm 5:45pm	5:00pm	4:30pm 5:45pm	5:00pm	4:30pm 6:30pm	9:00am 11:30am	11:00am
RECREATION							
★ Climb & Care							2:00pm
Parent & Tot Dance						9:30am	
Parent & Littles Movement (Ages 0-5)							3:00pm

***PLEASE NOTE:** No programs will be running during the following dates: Feb 16.

In the event of a discrepancy between this guide and our registration site, the site will be taken as correct.

Scan to share
your feedback!



We want to hear from you!

We are always looking for ways to improve our programs and services, both within Community Recreation and across PSP Edmonton operations. If you have feedback or ideas that you would like to share -- whether it's about an event, one of our facilities, our programs, or even our program guides -- please let us know!

We're excited to support parents, guardians, and caregivers in staying active while caring for little ones with a new Infant & Toddler Policy!

Starting November 1, 2025, infants and toddlers will be welcome in the Field House and Warrior Room under new safety guidelines:

Strollers

- Bring your own clean stroller or borrow one from Sports Stores
- Must be wiped down before entering workout areas
- Brakes must be applied when stationary
- Strollers must stay in the designated white box areas
- Children must remain safely secured in the stroller while you train
- Not permitted in the Weight Room or Cardio Mezzanine

Play Yards

- Available to sign out from Sports Stores (Military or Membership ID required)
- Only allowed in white box areas in the Field House or Warrior Room
- Parents must stay within a safe distance, as marked by floor tape

Important Reminders

- A signed waiver is required (available at the Front Desk)
- Children must remain safely contained (stroller, play yard, or baby-wearing)
- Remove infants from carriers when using weights
- Tend to your child immediately if they become upset
- Staff may ask you to relocate or leave if safety becomes a concern
- Access may be limited during peak PT hours or scheduled events

We're here to help you stay active while keeping everyone safe.
Thank you for your cooperation and understanding!





Three to five years old is a time of imaginative play and discovery, and our programs for this age group are designed to support and encourage this natural curiosity. Our activities focus on promoting physical, social, and emotional development, while also cognitive development, and a love of learning. With a mix of structured and unstructured play, our programs provide a safe and nurturing environment for these young children to explore, create, and have fun.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AQUATICS							
Preschool 1/2	4:30pm 5:00pm 5:45pm	4:30pm 5:00pm	4:30pm 5:00pm 5:45pm	4:30pm 7:15pm	5:00pm 5:45pm	9:00am 9:45am	10:15am 11:30am
Preschool 3	5:00pm 6:30pm	4:30pm	5:00pm	5:00pm 6:30pm	4:30pm 5:45pm	10:30am	11:30am
Preschool 4	5:00pm 6:30pm	5:00pm 7:15pm	5:00pm 6:30pm	4:30pm 5:45pm	5:00pm	9:00am 9:45am	11:30am
Preschool 5	7:15pm	6:30pm	4:30pm 6:30pm	5:00pm	6:30pm	10:30am	10:15am
FITNESS							
★ Little Warriors					4:30pm		

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3-5

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
RECREATION							
Art & Me							12:00pm
Ballet & Me			5:00pm	5:00pm		10:15am	
Dance & Me				5:00pm		10:15am	
LEGO Builders				5:30pm			
Parent & Littles Movement (0-5y)							3:00pm
★ Preschool Skate						2:15pm 3:00pm	
★ Save-On-Foods Cooking & Me		5:00pm					
STEM & Me				5:00pm			
★ Little Climbers	4:30pm	4:30pm					1:15pm
SPORT							
Little Athletes	5:00pm						
Little B Ballerz							1:30pm
Little Kickerz							1:00pm
Little Tikes Football	5:30pm						



Six to twelve year olds are at a unique and important stage in their development, as they are full of curiosity, while also starting to establish their own sense of identity and independence. Our programs for this age group are designed to promote physical, social, and emotional development, while also encouraging critical thinking, creativity, and teamwork. With a focus on fun and challenging activities, we aim to engage these young individuals and foster a love of fitness and wellness that will stay with them for a lifetime.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AQUATICS							
SwimAbilities							9:00am
Swimmer 1 Intro	4:30pm	5:45pm			4:30pm	10:30am	10:15am
Swimmer 1	5:00pm 5:30pm	5:30pm 6:30pm	5:30pm 6:30pm	5:30pm	5:00pm	9:00am 10:30am	
Swimmer 2	5:30pm 6:30pm	5:00pm 6:30pm	6:30pm 7:00pm	5:00pm 6:30pm	5:30pm	9:30am 10:30am	10:45am
Swimmer 3	5:30pm 6:30pm	5:30pm	5:30pm 6:30pm	5:30pm 7:00pm	6:30pm	9:00am 11:15am	10:45am
Swimmer 4	5:00pm	5:30pm	5:00pm 7:15pm	6:30pm	5:30pm 7:00pm	9:30am	10:45am
Swimmer 5	6:30pm	7:00pm	5:00pm	5:30pm	6:30pm	11:15am	11:30am
Swimmer 6	7:00pm	6:30pm	5:30pm	6:30pm	5:00pm	9:30am	10:00am

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6-12

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
FITNESS							
★ Fitness Warriors					5:15pm (Jr) 6:15pm (Sr)		
RECREATION							
Archery	5:30pm (Jr) 6:30pm (Sr)						
Art for Kids							1:00pm
Ballet						11:00am (Jr RDP) 12:00pm (Sr RDP)	
★ Climbing	5:15pm (Lvl 1 Sr) 6:15pm (Lvl 2 Sr) 7:15pm (Lvl 3 Sr)	5:15pm (Lvl 2 Jr) 6:15pm (Lvl 1 Jr) 7:15pm (Lvl 3 Jr)	7:00pm (Lvl 2 Sr)				11:15am (Lvl 1 Sr) 12:15pm (Lvl 1 Jr)
Drama							12:30am (Jr) 2:00pm (Sr)
Hip Hop						1:00pm (Jr/Sr RDP)	
Jazz						11:00am (Sr RDP) 12:00pm (Jr RDP)	
Kids TCIF					7:00pm		
LEGO Builders				7:00pm			
★ Skate						2:00pm (Jr)	2:00pm (Sr)
STEM For Kids				6:00pm			
★ Save-On-Foods Cooking for Kids		6:00pm (Jr) 7:00pm (Sr)					

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6-12

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
RECREATION							
Tap						1:00pm (Jr/Sr RDP)	
SPORT							
Baseball Skills & Drills		6:00pm (Girls)		6:00pm (Boys)			5:30pm (Adv COED)
Learn to Curl					6:00pm		
Hockey						3:00pm	
Basketball Skills & Drills			5:00pm (6-8) 6:00pm (9-12)				
Martial Arts	5:00pm (<9) 6:15pm (9+) (Judo)	4:45pm (<9) 5:30pm (<9) 6:15pm (9+) (Jiu-Jitsu)	5:00pm (<9) 6:15pm (9+) (Judo)	4:45pm (<9) 5:30pm (<9) 6:15pm (9+) (Jiu-Jitsu)			
Multisport 4 Kids							2:00pm
Racquet Sports 4 Kids							3:00pm
Flag Football Skills & Drills	6:00pm (Jr) 7:00pm (Sr)						
PSP Soccer Academy						10:00am	
Soccer Skills & Drills						12:00pm (Jr) 1:00pm (Sr)	
Volleyball Skills & Drills		5:30pm 6:30pm (9+)			5:00pm		
Volleyball Academy					6:30pm (12+)		

TAKE A VISIT TO THE EDMONTON GARRISON COMMUNITY LIBRARY

Get your *FREE* Library card today!

Residents of Lancaster Park & Sturgeon County are eligible. Simply bring in a piece of photo ID and our staff will get you set up.

Are you a CAF member on temporary assignment to CFB Edmonton? You can still access some of our library services. Inquire for more information!

Library Programs

Book Club

**First Tuesday each Month
5:30-6:30pm**

Dive into a world of stories with fellow book lovers. Each month, we'll gather to discuss our Book of the Month, enjoying delightful refreshments and baked goods. Whether you're an avid reader or wanting to try something new, our book club welcomes everyone!

Parent & Tot Story Time

**Wednesdays
11:00-11:30am**

This program is designed to help build your child's love of reading through fun and interactive storytelling sessions. While your little ones enjoy the stories, you'll have the chance to socialize and connect with other parents and caregivers in the community.

Homeschool Education Explorers

**2nd/4th Wednesday each month
1:30-2:30pm**

Discover the answers to questions you never knew you had! This program explores new themes that encourage homeschool students to think differently about their world. Each session focuses on a specific topic and includes a related story from the library's collection, discovery questions, and a take-home activity.



**Bring home the
fun with our
take-home activities!**

(While supplies last)

**Try a library
scavenger hunt! Find
all the hidden items
on your clue sheet
and win a prize!**

Updated biweekly!

Check out our website!



Hours of Operation:

Mon	Closed
Tues & Thurs	3pm - 8pm
Wednesday	11am - 4pm
Friday	3pm - 7pm
Sat & Sun	10am - 2pm

Other Library Services Available:

- Free B&W Wireless Printing
- Free access to public computers
- Access to eResources including eBooks, CloudLibrary, Duolingo, consumer reports, and more!
- Scans to USB storage units
- ...and more!

Contact:

(780) 973-4011 ext. 528-6345 or email us at
programs@garrisonlibrary.ab.ca
Website: garrisonlibrary.ab.ca

Ages 13-17



The teenage years are a time of significant change, both physically and emotionally, and our programs for teens are designed to support and encourage this growth. With a focus on physical fitness, healthy lifestyle choices, and personal development, our activities help to build confidence, self-esteem, and a positive self-image. Our Rec Leaders provide a supportive and inclusive environment where every teen can feel comfortable and confident, and reach their full potential.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AQUATICS							
Bronze Cross		5:00pm					
Jr Power Swim	7:00pm						
Jr Lifeguard Club					7:00pm		
Swim Patrol			7:15pm			11:00am	
Teen Lessons						11:00am	
RECREATION							
Ballet			5:45pm (Sr)			11:00am (Jr)	
Climbing			5:00pm (Lv 2) 6:00pm (Lv 1)				
Jazz						12:00pm (Jr)	

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13-17

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
RECREATION							
★ Musical Theatre				7:15pm			
★ Save-On-Foods Baking				6:00pm			
★ Save-On-Foods Cooking				7:00pm			
★ Skate							2:00pm
SPORT							
★ Badminton							4:00pm
★ PSP Baseball Academy						5:30pm	
Baseball Skills & Drills		6:00pm (Girls)		6:00pm (Boys)			5:30pm (Adv Co-Ed)
Curling Skills & Drills					5:00pm		
★ Martial Arts	6:15pm (<15) (Judo) 7:30pm (16+) (Judo)	6:15pm (<15) (Jiu-Jitsu) 7:15pm (16+) (Jiu-Jitsu)	6:15pm (<15) (Judo) 7:30pm (16+) (Judo)	6:15pm (<15) (Jiu-Jitsu) 7:15pm (16+) (Jiu-Jitsu)			
★ Soccer Academy						10:00am	
Volleyball Skills & Drills		6:30pm					
★ Volleyball Academy					6:30pm (12+)		

Adults

Fitness and Recreation are important at all ages, even in adulthood. Movement is a way for us to stay healthy, socialize, learn new things, and challenge ourselves in different aspects. Our programs are open to anyone in the community, at any fitness level. Almost all of our programs are drop in friendly and we have a wide range of courses including spin, multisport, art, and mental health supports. **Some courses available for 16+; please ask our staff for more information.**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AQUATICS							
Adult Lessons	7:15pm (Lvl 3)	7:15pm (Lvl 1)		7:15pm (Lvl 2)	7:15pm (Lvl 2)		
AquaFit	8:15pm				8:15pm		
Power Swim			7:00pm				
FITNESS							
20/20/20	5:45pm			5:45pm			
Beast Mode			7:00pm				
Cardio Blast		5:45pm	5:45pm				
Family Fitness							2:15pm

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Adults

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
FITNESS							
Pilates	5:45pm						
Stretch & Mobility	7:00pm		7:00pm				
Strength 360	7:00pm	7:00pm	5:45pm	7:00pm			1:00pm
Yoga		7:00pm (Relax & Restore)		7:00pm (Yin)			
Zumba		5:45pm		5:45pm			
RECREATION							
★ Climbing			8:00pm (Beginner)				
SPORT							
★ Martial Arts	7:30pm (Judo)	7:15pm (Jiu-Jitsu)	7:30pm (Judo)	7:15pm (Jiu-Jitsu)			


Ski with PSP !

Enjoy a fun day on the slopes! We're running buses from the Fitness Centre to Marmot Basin on:

- November 29
- December 27
- January 31
- February 28
- March 28

Registration is for the bus only; once you arrive you must purchase your lift, passes and supplies





Follow us online for more info on pop-up workshops throughout the year!

@edmfittcentre

Workshops

Alongside our regular weekly programs, we run a variety of workshops and one-off classes. These are a great way to try something new, or change up your workouts.

Youth Intro to Weights (13+): 10:45am-12:45pm Jan 4, Feb 8, Feb 22, Mar 15

This course is mandatory for youth that are interested in using the weight room. One of our PSP Personal Trainers will go through weight room rules, safety, and demonstrations of how to use all the equipment.

Fitness Trial Classes: Week of Dec 29 - Jan 4

This is your chance to try that fitness class you've been eyeing up before winter classes start! There will be a lot to try, including:

Mat Pilates: Monday 5:45-6:45pm

20/20/20: Monday 7:00-8:00pm

Zumba: Tuesday 5:45-6:45pm

Strength 360: Tuesday 7:00-8:00pm

Cardio Blast: Wednesday 5:45-6:45pm

Beast Mode: Wednesday 7:00-8:00

Family Fitness: Sunday 2:15-3:15pm

Stretch & Mobility: Sunday 3:30-4:30pm

Participants that register and attend at least 3/6 classes can submit a punch card and be entered to win a prize pack!

Dungeons & Dragons (13+): 2:00-6:00pm (Jan 11, Feb 1, Mar 1)

In Dungeons & Dragons, the players form an adventuring party who explore fantasy worlds together as they embark on epic quests and level up in experience. Open to everyone age 13+.

Granola & Yoghurt Making: 5:00-6:30pm Jan 12

Learn how to make your own Yoghurt and Granola breakfast! Supplies and instruction is provided to learn the process of making yoghurt at home.

Football 101 w/ the Edmonton Elks: January 25 (Time TBA)

This workshop introduces young athletes to football through developing fundamental skills in a positive and safe environment, all while having fun! Participants will be coached by players and coaching staff of the Edmonton Elks football team! All skills levels are welcome and encouraged to attend!

Valentine's Sewing Class: 5:00-6:30pm Feb 2

This is your chance to learn how to sew! Participants will be try both hand sewing and using a sewing machine.

Pierogi Making Workshop: 2:00-4:00pm Feb 7

This workshop is a fun, informative, and easy to follow family event! If you have ever wanted to make hand-made pierogi at home using fresh ingredients but never felt you had the skills, then this is the class for you! Don't forget - you can take your tasty creations home to enjoy!

Kimchi Making: 5:00-6:30pm Feb 25

Come and learn how to make a delicious traditional Korean side dish! Kimchi is a dish made of fermented vegetables with a variety of seasonings. Our staff will walk you through the process and guide you on best practices and tips.

Mixology: 6:00-7:30pm Mar 13

Get ready to shake, stir, and sip your way through an adventure with the SOLO team at our Mixology workshop at the Bunker! Join us for an evening filled with laughter, learning, and libations as we dive into the art of mixology. We will be sharing tips and tricks, ensuring you leave armed with skills to impress. In partnership with CANEX Liquor!

Bread Making: 5:00-6:30pm Mar 23

Come and sling some dough! Our staff will be walking participants through how to prep the dough for baking and providing the tips and tricks to bake your bread at home!

JOIN US AT THE FITNESS CENTRE FOR A
FUN DAY OF ACTIVITIES!

Family Day

MONDAY, FEB 16, 2025
11AM-3PM

- INFLATABLES
- FOOD TRUCKS
- FACE PAINTING
- BALLOON ARTISTS
- SLEIGH RIDES
- MORINVILLE FARMERS MARKET
- ICE CARVERS
- PETTING ZOO
- INDOOR AND OUTDOOR
FAMILY FRIENDLY ACTIVITIES

...AND MORE!

**ADMISSION WITH A CASH DONATION TO THE
CHAPLAIN SUPPORT & ASSISTANCE FUND**

BROUGHT TO
YOU BY:

