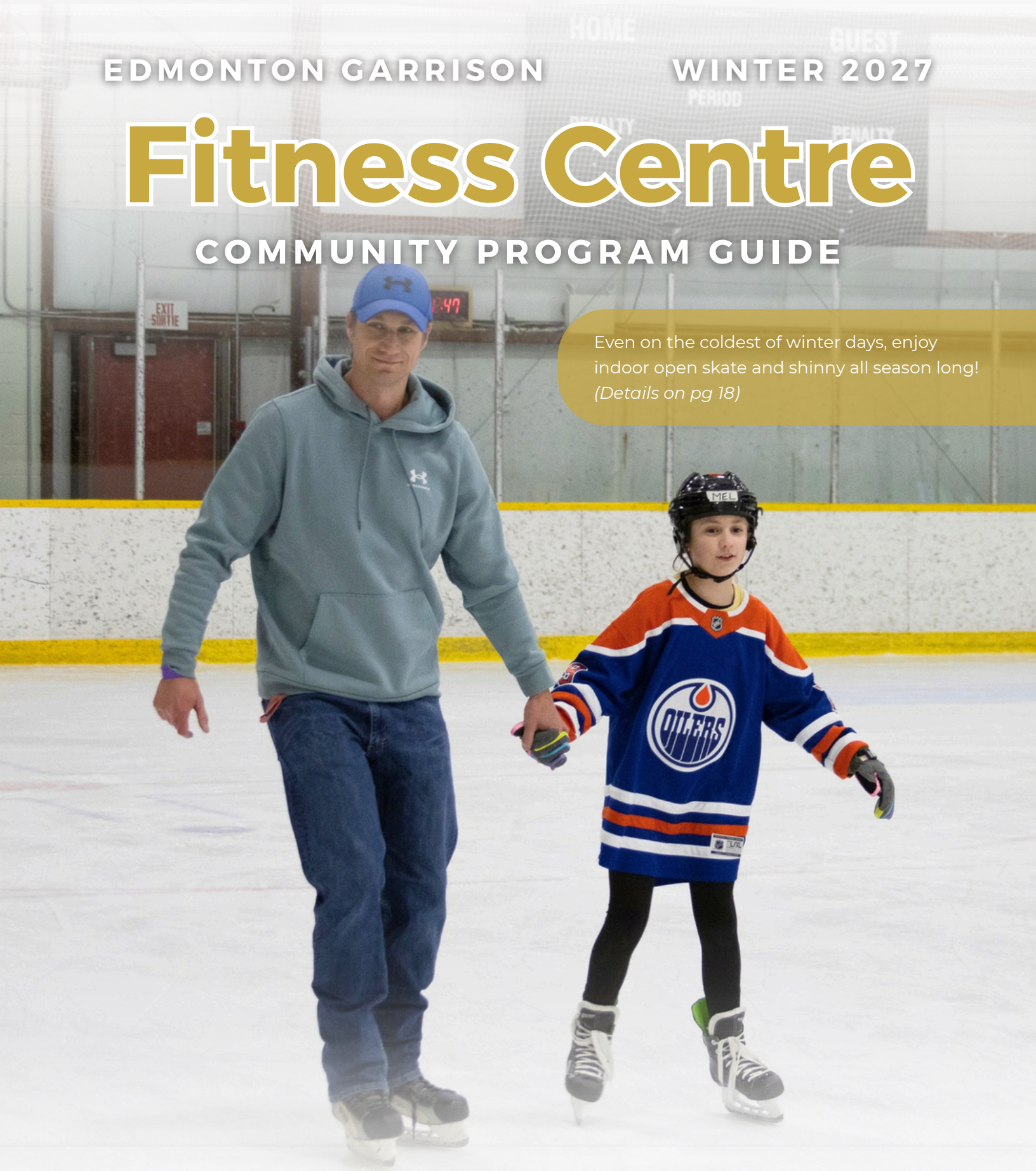
EDMONTON GARRISON

WINTER 2027

Fitness Centre

COMMUNITY PROGRAM GUIDE

Even on the coldest of winter days, enjoy indoor open skate and shinny all season long!
(Details on pg 18)



FOLLOW US ONLINE!
@EDMFITCENTRE

Welcome

Thoughts from Community Recreation

Winter is settling in and another year is coming to a close, and many of us find ourselves reflecting on the moments that have shaped our community over the past few months.

This fall has brought a lot to CFB Edmonton and the greater CAF community. Our hearts remain with those affected by the recent tragedy at CFB Wainwright. In times like these, though, we are reminded of the strength, resilience, and compassion that define military communities across the country. Whether through a kind word, a helping hand, or just being there for one another, it is often our connections with those around us that help carry us forward. We are grateful to be part of a community that continues to support one another when it matters the most.

As the winter months arrive and the holiday season draws near, we encourage you to continue finding ways to connect with others, stay active, and stay healthy. Whether that looks like attending a community event, getting out for some fresh air, or joining a league, every opportunity to connect and move contributes to a healthier, stronger you.

On behalf of the entire team at Community Recreation, we wish you and your loved ones a safe and restful holiday season, a warm winter block leave, and all the best in the new year. Thank you for being a part of our recreation community - we look forward to seeing your faces in our facilities throughout 2027.





STAFF FEATURE!



Recreation's Commitment to the Community

From Amalia, Military Fitness & Sports Administrative Assistant

Born in Romania and raised with a deep appreciation for culture, community, and connection, I've never been able to resist a new adventure. As a Romanian Canadian with a passion for languages and travel, I'm constantly looking for opportunities to learn from the people and places around me. If there's a flight to book, a language to practice, or a hidden gem to discover, I'm probably already halfway there.

I earned a Bachelor of Arts with Honours in Modern Languages and Cultural Studies, which allowed me to combine my love of language with my curiosity about the world. Learning how people communicate, connect, and see life through different lenses has always fascinated me. Speaking multiple languages has opened doors to incredible experiences, friendships, and more unforgettable stories than my passport can comfortably hold.

As the Administrative Assistant for Fitness and Sports at the Base Gym, I'm proud to support a community that means a great deal to me. What I enjoy most is the opportunity to make a positive impact through both the big and small parts of my role, from helping organize events and managing administrative tasks to connecting with our members each day. Being a part of a military family gave me a firsthand appreciation for the dedication, resilience, and sense of service that define military life, making this role especially rewarding to me.

Above all, I'm passionate about people. I love meaningful conversations, fresh perspectives, and saying yes to experiences that push me outside my comfort zone. Whether I'm exploring somewhere new or simply sharing a laugh with the people around me, I believe life's best moments are often the ones we don't plan.

So, if you see me around, come say hi. There's a good chance we'll end up talking about travel, shopping, or laughing far louder than we intended.

Memberships

Inclusive Membership

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, rec programs for youth, and more! In addition, they receive member pricing on Fitness Centre services such as personal training and workshops, and a discounted rate for specialty programs.

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 program registration 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. 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 general access as well as:

Open Climb: Thurs & Fri 5:00-9:00pm
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
T0A 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: **528-4439**
Facilities: **528-4326**

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 wide 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
- 3 squash courts
- Pickleball space
- 25y swimming pool
- Whirlpool
- Leisure pool
- Co-ed dry sauna
- Change rooms
- Climbing Wall
- Indoor spin room
- 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.





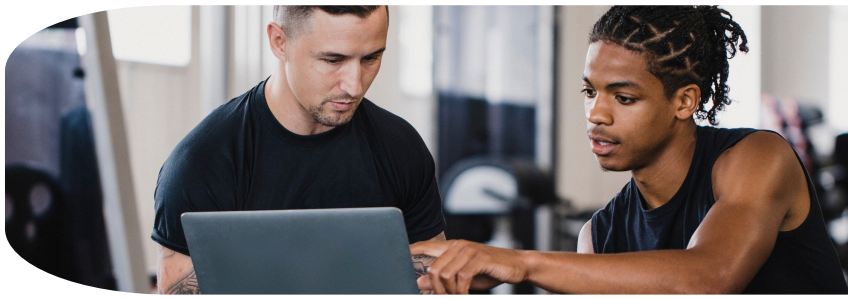


Other Services

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 **edmfitcentre@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 **Labuschagne.Jaco@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:

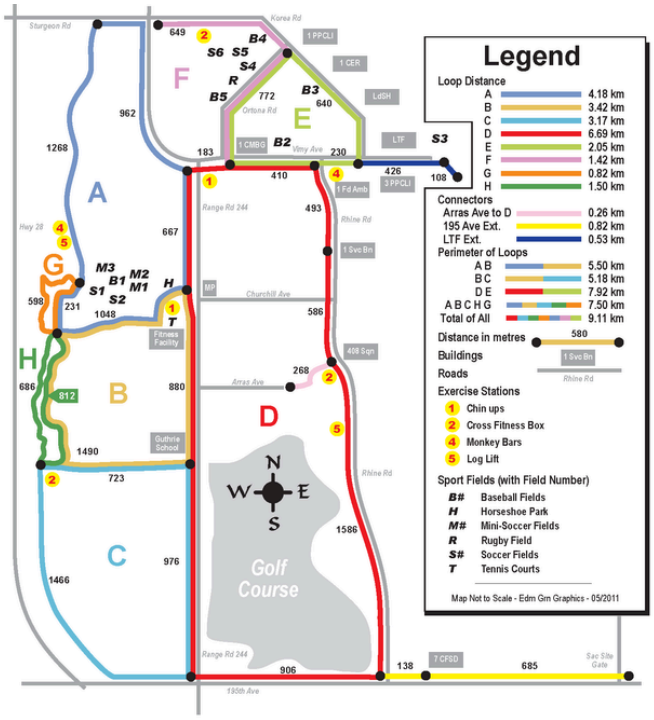
Mon - 7:45pm **Fri - 7:30pm**
Tues - 7:45pm **Sat - 11:45am**
Wed - 7:30pm **Sun - 11:45am**

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 **Divinagracia.Adrienne@cfmws.com**.

Walking/Running Trails

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



REGISTER TODAY AT:
APP.UNIVERUSREC.COM/EDMONTONPUB

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 **app.univerusrec.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 **app.univerusrec.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 16, 2026** (via phone or in person only), with general registration opening **November 23, 2026**. Winter programs start the week of **January 4th**.

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 a 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.

HIGH FIVE
The best way to play™

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.

Jumpstart
Bon départ



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 5:45pm	4:30pm	4:30pm	4:30pm	10:45am	9:00am 12:00pm
RECREATION							
Parent & Littles Movement (Ages 0-5)							3:15pm

***PLEASE NOTE:** No programs will be running during the following dates: Feb 15.

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!



Ages 3-5

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	4:30pm 5:00pm	5:00pm	5:00pm 5:45pm	4:30pm	5:00pm	11:45am	12:00pm
Preschool 2	5:00pm	4:30pm 5:45pm	4:30pm	5:00pm		10:45am 11:45am	10:45am
Preschool 3	4:30pm 6:15pm	4:30pm 6:30pm	4:30pm	5:00pm	4:30pm 5:00pm	11:15am	10:45am
Preschool 4	5:00pm	4:30pm 6:30pm	5:00pm 6:15pm	4:30pm 6:30pm	4:30pm	8:45am 11:15am	9:30am
Preschool 5				6:00pm	5:00pm	9:15am	11:45am
FITNESS							
★ Little Fitness Warriors					4:30pm		
RECREATION							
Art & Me							12:00pm

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3-5

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
RECREATION							
Dance		6:30pm (Acro & Me)	5:00pm (Ballet & Me)	5:00pm (Tap & Me)			
Drama & Me							12:30pm
LEGO Builders				5:30pm			
★ Little Climbers	4:30pm	4:30pm					1:00pm
Parent & Littles Movement (0-5y)							3:15pm
★ Preschool Skate						2:15pm (Lvl 3)	2:00pm (Lvl 1/2)
★ Save-On-Foods Cooking & Me		5:00pm					
STEM & Me				5:00pm			
SPORT							
Little Athletes	5:00pm						
Little Ballerz							2:00pm
Little Kickerz							1:30pm
Little Tikes Football	5:30pm						



FEATURED PROGRAM:

LITTLE FITNESS WARRIORS

In this class our Fitness Warriors will take on obstacles and perform feats of strength and endurance. Children will get their skills put to the test as this class will have them running, jumping and moving their bodies as they learn and perform skills that will enhance their balance, strength, and endurance. Led by a certified exercise specialist, children will get the opportunity to gain physical literacy skills and engage in functional movements that can help keep them fit for life.

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!

Computers

Our library offers a bank of five public computers for patron use. These workstations provide internet access, basic software applications, and printing. Reservations and time limits may apply to ensure fair access for all. Staff are happy to assist with basic trouble shooting or questions.

Our computers are now available for reservation by our patrons! If you need guaranteed access for job searching, schoolwork, online forms, or just some time to game, reserving a computer helps ensure one is ready when you arrive. Reservations can be made up to five days in advance, subject to availability. Speak with our staff for more info.

* *Daily time limits may apply to ensure fair and equitable access for all visitors.*

Come explore, learn, and connect with us!

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	**3:30pm - 8pm**
Wednesday	**11am - 4pm**
Friday	**3pm - 7pm**
Sat & Sun	**10am - 2pm**

Other Library Services Available:

- **Access a wide array of books, DVDs, Blu-Rays, kits, and games**
- **Borrow from other libraries within the TRAC library network**
  - **Marigold, Peace River & Yellowhead Regional libraries included**
- **Free B&W Wireless Printing**
- **Access to eResources including Libby, CloudLibrary/Overdrive, Duolingo, educational & resume resources, consumer reports, and more!**
- **Scans to USB storage units**

...and more!

Contact:

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



Ages 6-12

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							
Swimmer 1 Intro						9:45am	
Swimmer 1	6:30pm	5:00pm 6:30pm	5:30pm 6:30pm	5:00pm 6:30pm	6:30pm	9:00am	9:45am
Swimmer 2	5:30pm 7:00pm	5:30pm 7:15pm	5:00pm 6:30pm	5:30pm 7:15pm	5:30pm 6:30pm	9:45am 11:15am	10:00am
Swimmer 3	5:30pm 6:30pm	5:30pm 7:00pm	5:30pm 7:15pm	5:30pm	5:30pm	9:00am	9:00am 11:00am
Swimmer 4	5:00pm 7:15pm	5:00pm	6:30pm 7:15pm	7:15pm	5:30pm	9:45am	10:00am 11:15am
Swimmer 5	5:30pm 6:30pm	7:15pm	7:15pm	6:30pm		9:00am	9:00am
Swimmer 6	7:15pm	6:30pm	6:45pm		7:15pm	9:45am	9:45am 11:15am

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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
★ Climbing	5:15pm (Lvl 1 Sr) 6:15pm (Lvl 2 Jr) 7:15pm (Lvl 3 Jr)	5:15pm (Lvl 2 Sr) 6:15pm (Lvl 1 Jr) 7:!5pm (Lvl 3 Sr)	6:00pm(Lvl 2 Sr) 7:00pm (Lvl 2 Jr)				11:00am(Lvl 1 Sr) 12:00pm (Lv 1 Jr) 1:45pm (Lvl 2 Sr)
Dance		6:00pm (Jr/Sr Jazz, Sr Acro)	5:30pm (Jr Tap, Sr Ballet) 7:00pm (Jr Ballet)				
Drama for Kids							2:00pm
Kids TGIF					6:00pm		
LEGO Builders				7:00pm			
★ Skate						2:15pm (Jr 1) 3:00pm (Sr)	2:45pm (Jr 2/3)
STEM For Kids				6:00pm			
★ Save-On-Foods Cooking for Kids		6:00pm (Jr) 7:00pm (Sr)					
SPORT							
Baseball		5:00pm (Challenger) 6:00pm (Girls)		6:00pm (Boys)			3:30pm (Adv COED)
★ Hockey (Non-Gear)						2:45pm	

REGISTER TODAY AT:
APP.UNIVERUSREC.COM/EDMONTONPUB

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
SPORT							
★ Jr NBA Basketball Skills & Drills			5:00pm (U7) 6:00pm (U10) 7:00pm (U13)				
Learn to Curling		5:00pm					
★ 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)			
Flag Football Skills & Drills	6:00pm						
★ PSP Soccer Academy	7:00pm (9+)						
Volleyball Skills & Drills		5:30pm (Sr)					





EDMONTON GARRISON

SPRING BREAK CAMP 2027

MARCH 27-31 7AM-12PM

Kids will enjoy a high-energy, theme-based experience during the school break. It's a great chance to make new friends, build confidence, stay active, and have fun!

Each day has a variety of activities: arts & crafts, science & exploration, outside, group games, team builders, ice breakers, themed activities, swimming, sports & gym games, physical activities, and more!



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							
Youth Swim (Adv Skills & Fitness)				7:00pm			
Jr Lifeguard Club		7:00pm			6:30pm		
Swim Patrol		7:00pm (Star)	5:00pm (Rookie)		6:30pm (Rookie)	10:45am (Ranger)	9:00am (Ranger)
RECREATION							
★ Climbing			4:45pm				
★ Save-On-Foods Teen Culinary Lab				6:00pm			
★ Skate	5:30pm (Power Skate)					3:00pm (Teen)	

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13-17

SPORT	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Baseball		5:00pm (Challenger) 6:00pm (Girls)		6:00pm (Boys)			3:30pm (Adv Co-Ed)
★ PSP Baseball Academy							5:30pm
★ Jr NBA Basketball			7:00pm (U13)				
★ Martial Arts	6:15pm (<15) (Judo) 7:30pm (16+) (Judo)	6:15pm (<15) 7:15pm (16+) (Jiu-Jitsu)	6:15pm (<15) (Judo) 7:30pm (16+) (Judo)	6:15pm (<15) 7:15pm (16+) (Jiu-Jitsu)			
★ PSP Soccer Academy	7:00pm						
Volleyball Skills & Drills		6:30pm					

PSP Edmonton



Promotion

Think UPSTREAM... to Be Healthy and to Be Ready.

When you consider "*Readiness, Resilience and Growth*", these principles speak to the need to be proactive and preventive and of integrating strategies that improve or affect change that promotes readiness, resilience and growth into daily life - whether that is living, training or on operation.

The "mission" might be different on deployment, but the skills and preparation that get you ready remain key regardless of where you are or the mission takes you.



Workshops



Briefings



Podcasts and More

STRENGTHENING THE FORCES ENERGISER LES FORCES

For more information email
healthpromotionedmonton@cfmws.com or call 528-6146

CFMWS Health Promotion



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 (Learn to Swim)				7:15pm (Learn to Swim)	10:30am (Stroke Dev)	11:00am (Adv Skills & Fitness)
Power Swim			5:00pm				
FITNESS							
20/20/20	6:30pm						
Cardio Blast			5:15pm				
HER Power			5:15pm				
NEW! Hybrid HIIT		5:45pm		5:45pm			
Mat Pilates	5:15pm				5:45pm		
Stretch & Mobility	6:30pm		6:30pm				

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Adults

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
FITNESS							
Strength 360	5:15pm	7:00pm	6:30pm	7:00pm	7:00pm		
Yoga		5:45PM (Hatha) 7:00pm (Relax & Restore)		7:00pm (Yin)			
Zumba				5:45pm			
RECREATION							
★ Climbing			8:00pm				
Adult Jazz				6:00pm			
SPORT							
★ Martial Arts	7:30pm (Judo)	7:15pm (Jiu-Jitsu)	7:30pm (Judo)	7:15pm (Jiu-Jitsu)			

EDMONTON GARRISON MEMORIAL GOLF & CC

YOUR 2027 GOLF SEASON STARTS HERE

EARLY BIRD GOLF MEMBERSHIPS

ON SALE FEBRUARY 1

Explore Membership Options at

EGMGOLF.COM



CHECK OUT THE OTHER FUN THINGS HAPPENING THIS SESSION WITH !!

YOUTH INTRO TO WEIGHTS

AGES 13+



5:00-6:30PM JAN 8
6:30-8:00PM FEB 12
MAR 5

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.

MARMOT BASIN SKI TRIPS

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

@edmfitcentre

TAKE IN THE FRESH MOUNTAIN AIR AND EXPERIENCE THE BEAUTY OF THE CANADIAN ROCKIES ON A FUN WINTER ADVENTURE!

28 NOVEMBER 2026
27 DECEMBER 2026
23 JANUARY 2027
13 FEBRUARY 2027
06 MARCH 2027

6:00AM - 10:00PM

GET OUT OF THE COLD THIS WINTER...

JOIN A PSP SPORTS LEAGUE!

VOLLEYBALL	FRIDAYS @ 6PM
PICKLEBALL	SUNDAYS @ 10AM
3V3 BASKETBALL	SATURDAYS @ 10AM

Inclusive & Open To All Individuals!

INCLUDED IN ALL LEAGUES:

- Awards and Prizes During the Season
- Exclusive Military Pricing
- Individual/Team Season Standings
- Year-End Championship Tournament
- End-of-Season Prizes

Email Ryce.Anthony@cfmws.com for more info!



PUBLIC SKATE

Saturdays
2:00pm - 2:45pm

Register today!
Enroll at the Front Desk
Or Register Online

PRICING

Military/Veteran - $0.00
Inclusive Membership - $0.00
Core Membership - $2.00
Non Member - $5.00

PUBLIC SHINNY

Mondays
6:00pm - 6:45pm
Ages 16+

FAMILY DAY

In partnership with:

Sturgeon COUNTY

BMO Official bank of the Canadian Defence Community

thePersonal
Home and Auto Group Insurer

MON FEB 15

AT THE EDMONTON GARRISON FITNESS CENTRE 11AM-3PM**

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



FUN FOR THE WHOLE FAMILY!

- INFLATABLES
- FACE PAINTING
- OPEN SKATE & SWIM
- PETTING ZOO
- MORINVILLE FARMERS MARKET

...AND LOTS MORE!