

# FALL

# Tri Active Drop-In Activities

at a glance

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	OPEN SHINNY 6:00–7:30 AM ARENA	MORNING SPIN 6:00–7:00 AM SPIN PLATFORM	PICKLEBALL 7:00–9:00 AM GYMNASIUM	MORNING H.I.I.T. 6:00–7:00 AM TRACK			
	DEEP WATER HIGH-INTENSITY AQUAFIT 8:15–9:00 AM MAIN POOL		DEEP WATER HIGH-INTENSITY AQUAFIT 8:15–9:00 AM MAIN POOL	OPEN SHINNY 6:00–7:30 AM ARENA	DEEP WATER HIGH-INTENSITY AQUAFIT 8:15–9:00 AM MAIN POOL		BADMINTON 8:00–11:00 AM GYMNASIUM
	STEP & STRENGTH 9:00–10:00 AM STUDIO	CHISEL & STRETCH 8:30–10:00 AM STUDIO		CHISEL & STRETCH 8:30–10:00 AM STUDIO	STEP & STRENGTH 9:00–10:00 AM STUDIO		
	SHALLOW WATER HIGH-INTENSITY AQUAFIT 9:15–10:00 AM MAIN POOL	DEEP WATER GENTLE AQUAFIT 9:00–9:45 AM MAIN POOL	SHALLOW WATER HIGH-INTENSITY AQUAFIT 9:15–10:00 AM MAIN POOL	DEEP WATER GENTLE AQUAFIT 9:00–9:45 AM MAIN POOL	SHALLOW WATER HIGH-INTENSITY AQUAFIT 9:15–10:00 AM MAIN POOL		
	LAWN BOWLING 10:00 AM–12:00 PM FIELD*	SHALLOW WATER GENTLE AQUAFIT 10:00–10:45 AM MAIN POOL	LAWN BOWLING 10:00 AM–12:00 PM FIELD*	SHALLOW WATER GENTLE AQUAFIT 10:00–10:45 AM MAIN POOL			
	ADULT SHINNY 18+ 10:30 AM–12:00 PM ARENA		ADULT SHINNY 18+ 10:30 AM–12:00 PM ARENA		ADULT SHINNY 18+ 10:30 AM–12:00 PM ARENA		
	BENEFIT THRU RESISTANCE 11:00 AM–12:00 PM STUDIO		BENEFIT THRU RESISTANCE 11:00 AM–12:00 PM TRACK/STUDIO		BENEFIT THRU RESISTANCE 11:00 AM–12:00 PM TRACK		
Afternoon	DROP-IN CIRCUIT 12:15–1:00 PM STUDIO	AFTERNOON STEP 1:15–2:15 PM STUDIO	DROP-IN CIRCUIT 12:15–1:00 PM STUDIO	TAI CHI 12:00–1:00 PM STUDIO	DROP-IN CIRCUIT 12:15–1:00 PM STUDIO	VOLLEYBALL 1:00–2:30 PM GYMNASIUM	BASKETBALL 1:30–3:00 PM GYMNASIUM
	PICKLEBALL 1:00–3:00 PM GYMNASIUM	TAI CHI 4:15–5:15 PM STUDIO		AFTERNOON STEP 1:15–2:15 PM STUDIO	PICKLEBALL 1:00–3:00 PM GYMNASIUM	BASKETBALL 2:30–4:00 PM GYMNASIUM	
	ZUMBA 5:30–6:30 PM STUDIO	MAXIMUM TRAINING 5:30–6:30 PM TRACK	DROP-IN SPIN 5:30–6:00 PM SPIN PLATFORM	MAXIMUM TRAINING 5:30–6:30 PM TRACK			
Evening	HIGH-INTENSITY AQUAFIT 7:05–8:05 PM MAIN POOL		HIGH-INTENSITY AQUAFIT 7:05–8:05 PM MAIN POOL				
	VOLLEYBALL 8:30–10:00 PM GYMNASIUM	BASKETBALL 8:30–10:00 PM GYMNASIUM	BADMINTON 8:30–10:00 PM GYMNASIUM	PICKLEBALL 8:30–10:00 PM GYMNASIUM	ADULT SOCCER 9:00–10:00 PM FIELD*	OPEN SOCCER 8:00–9:00 PM FIELD*	

**Life is full of surprises!**  
 These activities are subject to change. Check [trileisure.com](http://trileisure.com), follow us on Facebook or call 780-960-5080 for schedule updates!

- **Dryland Fitness Classes**  
Sep 9 – Dec 20
- **Aquatic Fitness Classes**  
Sep 23 – Dec 20
- **Activities & Sports**  
Sep 2 – Dec 30 / Oct 18 – Dec 28\*

- Participants must be 12 years of age to join drop-in fitness classes.
- Drop-in wristbands are required for all drop-in fitness classes (available at the Customer Experience Desk); we suggest participants arrive early due to limited capacity!
- Drop-in activities and sports only require a regular admission wristband —please sign-in at the Customer Experience Desk.