

WINTER/SPRING 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.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	SHALLOW WATER HIGH-INTENSITY AQUAFIT 9:15-10:00 AM MAIN POOL	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	LAWN BOWLING 10:00 AM-12:00 PM FIELD	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	ZUMBA 10:15-11:00 AM STUDIO	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	EVERYTHING FITNESS 10:30-11:30 AM STUDIO	
	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 3:00-4:30 PM GYMNASIUM	
Evening	ZUMBA 5:30-6:30 PM STUDIO	MAXIMUM TRAINING 5:30-6:30 PM TRACK	DROP-IN SPIN 6:00-6:30 PM SPIN PLATFORM	MAXIMUM TRAINING 5:30-6:30 PM TRACK			
	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, follow us on
Facebook or call 780-960-5080 for
schedule updates!

Dryland Fitness Classes
Jan 6–Jun 20

Aquatic Fitness Classes
Jan 6–Jun 19

Activities & Sports
Jan 2–Jun 29

- 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.
- See pages 34–37 for detailed descriptions, dates and times.