

WINTER/SPRING Tri Active Drop-In Activities at a glance

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	OPEN SHINNY 6:00AM-7:30AM ARENA Jan 3-May 30	MORNING SPIN 6:00AM-7:00AM SPIN PLATFORM	PICKLEBALL 7:00AM-9:00AM GYMNASIUM Jan 2-May 15	MORNING H.I.I.T. 6:00AM-7:00AM TRACK			
	DEEP WATER HIGH-INTENSITY AQUAFIT 8:15AM-9:00AM MAIN POOL		DEEP WATER HIGH-INTENSITY AQUAFIT 8:15AM-9:00AM MAIN POOL	OPEN SHINNY 6:00AM-7:30AM ARENA Jan 3-May 30	DEEP WATER HIGH-INTENSITY AQUAFIT 8:15AM-9:00AM MAIN POOL		BADMINTON 8:00AM-11:00AM GYMNASIUM Jan 6-Jun 23
	STEP & STRENGTH 9:00AM-10:00AM STUDIO	CHISEL & STRETCH 8:30AM-10:00AM STUDIO		CHISEL & STRETCH 8:30AM-10:00AM STUDIO	STEP & STRENGTH 9:00AM-10:00AM STUDIO		
	SHALLOW WATER HIGH-INTENSITY AQUAFIT 9:15AM-10:00AM MAIN POOL	DEEP WATER GENTLE AQUAFIT 9:00AM-9:45AM MAIN POOL	SHALLOW WATER HIGH-INTENSITY AQUAFIT 9:15AM-10:00AM MAIN POOL	DEEP WATER GENTLE AQUAFIT 9:00AM-9:45AM MAIN POOL	SHALLOW WATER HIGH-INTENSITY AQUAFIT 9:15AM-10:00AM MAIN POOL		
	LAWN BOWLING 10:00AM-12:00PM FIELD Jan 7-Mar 18	SHALLOW WATER GENTLE AQUAFIT 10:00AM-10:45AM MAIN POOL	LAWN BOWLING 10:00AM-12:00PM FIELD Jan 7-Mar 18	SHALLOW WATER GENTLE AQUAFIT 10:00AM-10:45AM MAIN POOL			
	ADULT SHINNY 18+ 10:30AM-12:00PM ARENA Jan 2-May 31		ADULT SHINNY 18+ 10:30AM-12:00PM ARENA Jan 2-May 31		ADULT SHINNY 18+ 10:30AM-12:00PM ARENA Jan 2-May 31		
	BENEFIT THRU RESISTANCE 11:00AM-12:00PM STUDIO		BENEFIT THRU RESISTANCE 11:00AM-12:00PM TRACK/STUDIO		BENEFIT THRU RESISTANCE 11:00AM-12:00PM TRACK		
Afternoon	DROP-IN CIRCUIT 12:00PM-1:00PM STUDIO	TAI CHI 12:00PM-1:00PM STUDIO	DROP-IN CIRCUIT 12:00PM-1:00PM STUDIO	TAI CHI 12:00PM-1:00PM STUDIO	DROP-IN CIRCUIT 12:00PM-1:00PM STUDIO	VOLLEYBALL 1:30PM-3:00PM GYMNASIUM	
	PICKLEBALL 1:00PM-3:00PM GYMNASIUM Jan 7-May 13	AFTERNOON STEP 1:15PM-2:15PM STUDIO		AFTERNOON STEP 1:15PM-2:15PM STUDIO	PICKLEBALL 1:00PM-3:00PM GYMNASIUM	BASKETBALL 3:30PM-5:00PM GYMNASIUM	
	ZUMBA 5:30PM-6:30PM STUDIO	MAXIMUM TRAINING 5:30PM-6:30PM TRACK	DROP-IN SPIN 5:30PM-6:00PM SPIN PLATFORM	MAXIMUM TRAINING 5:30PM-6:30PM TRACK			BATTING CAGE 5:15PM-7:15PM SOUTH FIELD Mar 10-Apr 7
Evening	HIGH-INTENSITY AQUAFIT 7:05PM-8:05PM MAIN POOL		HIGH-INTENSITY AQUAFIT 7:05PM-8:05PM MAIN POOL				
	VOLLEYBALL 8:30PM-10:00PM GYMNASIUM Jan 7-Jun 24	BASKETBALL 8:30PM-10:00PM GYMNASIUM Jan 8-Jun 25	BADMINTON 8:30PM-10:00PM GYMNASIUM Jan 2-Jun 26	PICKLEBALL 8:30PM-10:00PM GYMNASIUM Jan 10-May 16	ADULT SOCCER 9:00PM-10:00PM FIELD Jan 4-Mar 15	OPEN SOCCER 8:00PM-9:00PM FIELD Jan 12-Mar 16	

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 7 - Jun 21
- **Aquatic Fitness Classes**
Jan 7 - Jun 21
- **Activities & Sports**
Jan 2 - Jun 26

- 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 & sports only require a regular admission wristband—please sign-in at the Customer Experience Desk.