

# Fitness & Recreation Spring Schedule

March 30 to June 28, 2025

» Drop-in ☒ Flex Registration



Morinville  
Leisure Centre  
**780-939-3450**

*Fitness & recreation schedule is subject to change. Please call for the most up-to-date schedule information.*

**Child/Youth   All Ages   Adults   Adults/Older Adults**

**Drop-in Recreational Sports**

APHR: Atlas Premium Homes Room  
Formerly known as MLC RM 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		» HIRT Bootcamp 6:15 to 7 a.m. (MLC 2)		» HIRT Bootcamp 6:15 to 7 a.m. (MLC 2)		
	» Strong to the CORE 9 to 10 a.m. (MLC 2)	» Silver Shoes 9 to 10 a.m. (MLC 2)	» Step & Strength 9 to 10 a.m. (MLC 2)	» Silver Circuit 9 to 10 a.m. (MLC 2)	» Lift 9 to 10 a.m. (MLC 2)	
	» All ages Pickleball 9 a.m. to 12 p.m. (MLC 3)	<input checked="" type="checkbox"/> Learn to Play Pickleball 10:30 to 11:30 a.m. (MLC 3)	» All ages Pickleball 9 a.m. to 4 p.m. (MLC 3)	<input checked="" type="checkbox"/> Learn to Play Pickleball 10:30 to 11:30 a.m. (MLC 3)	» All ages Pickleball 12 to 4 p.m. (MLC 3)	» All ages Pickleball 8 to 11 a.m. (MLC 3)
» All ages Pickleball 10 a.m. to 12 p.m. (MLC 3)	» Morning HIIT 10:15 to 10:45 a.m. (MLC 2)	» Sit & Fit 10:15 to 10:45 a.m. (MLC 2)	» Chair Yoga 10:15 to 11:15 a.m. (MLC 2)	» Sit & Fit 10:15 to 10:45 a.m. (MLC 2)	» Chair Yoga 10:15 to 11:15 a.m. (APHR)	» Any BODY Bootcamp 9 to 10 a.m. (MLC 2)
Sunday classes will only run until May 11 due to a change in facility hours for the summer.						<input checked="" type="checkbox"/> Kids Movement ABC's 10:30 to 11:15 p.m. (MLC 2)
		<input checked="" type="checkbox"/> Home School Physical Education 11 a.m. to 12 p.m. (MLC 2)		<input checked="" type="checkbox"/> Home School Physical Education 11 a.m. to 12 p.m. (MLC 2)		<input checked="" type="checkbox"/> Child Fitness FUN! 11:30 to 12:15 p.m. (MLC 2)
			» Lunch Hour Tabata 12:15 to 12:45 p.m. (MLC 2)		» Lunch Hour Cardio Circuit 12:15 to 12:45 p.m. (MLC 2)	
Pickleball 5 to 7 p.m. (MLC 3)	» Forever Fit 5:15 to 6 p.m. (MLC 2)	Pickleball 4 to 7 p.m. (MLC 3)	<input checked="" type="checkbox"/> Child/Youth Cross Training 5 to 5:45 p.m. (MLC 2)	<input checked="" type="checkbox"/> Kids TnT. 5 to 5:45 p.m. (MLC 2)		
	» Lift 6:15 to 7:15 p.m. (MLC 2)	» sSteel ABS 6 to 6:45 p.m. (APHR)	» Cardio Circuit 6 to 6:45 p.m. (MLC 2)	» All ages Badminton 5 to 8 p.m. (MLC 3)	» Flex & Flow 6 to 6:45 p.m. (APHR)	» Youth Volleyball 6 to 8 p.m. (MLC 2)
» All Ages Volleyball 6 to 8 p.m. (MLC 2)		» Zumba 7 to 8 p.m. (MLC 2)	<input checked="" type="checkbox"/> Hatha Yoga 7 to 8 p.m. (MCCC)	» All ages Volleyball 7:30 to 9 p.m. (MLC 2)	<input checked="" type="checkbox"/> Barre 7 to 8 p.m. MLC 2	