

# SYNCRUDE SPORT & WELLNESS CENTRE CLASS SCHEDULE

FITNESS • YOGA • SPIN

FREE for Members Apr 02 – Jun 30, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon	40-min Yoga Fix with Andrea 12:10 -12:50p	Rhythm Ride 40 with Priscilla 12:10 – 12:50p	High-Low Fit (aerobics) w/ Rachel 12:10 – 12:50p	Core Power 40 with Priscilla 12:10 – 12:50p	High-Low Fit (aerobics) w/ Rachel 12:10–12:50p	Active Yoga Flow with Andrea 10:00 – 11:00a Zumba Mix with Karin 11:30a – 12:30p	
Evening	Zumba with Karin 6:30 – 7:30p	Full Body Burn with Taylor 5:00 – 6:00p	Chill Hips & Hamstrings with Matty 7:30 – 8:30p	Full Body Burn with Taylor 5:00 – 6:00p Springtime Yoga Flow with Nexcy 7:30 – 8:30p			

Aerobic Studio

**Gym/Fitness Class Punch Pass**  
(10 visits)  
\$108.00

**Youth Punch Pass**  
(10 visits)  
\$63.00

**Senior Punch Pass**  
(10 visits)  
\$81.00

**DROP-IN Fitness Class**  
Member: FREE  
Non-Member: \$14.00

*\*All fees are subject to GST*

## SSWC BUSINESS HOURS

**Monday-Friday**  
5:00am-11:00pm

**Saturday & Sunday**  
8:00am-10:00pm

**Holidays**  
8:00am-8:00pm

Membership Type	Annual Pass	Four Month Pass	Monthly Pass	Continuous Pay Pass (Monthly)	Weekly Pass	Day Pass
Adult (18+)	\$500.00	\$235.00	\$65.00	\$45.00	\$36.75	\$12.00
Senior (55+)	\$400.00	\$180.00	\$55.00	\$40.00	N/A	\$9.00
Couples (18+)	\$932.00	\$415.00	\$110.00	\$90.00	N/A	N/A
Youth (13-17)	\$285.00	\$100.00	\$25.00	\$22.00	N/A	\$7.00
1 Adult Family	\$746.00	\$295.00	\$85.00	\$75.00	N/A	\$21.00
2 Adult Family	\$1123.00	\$440.00	\$130.00	\$100.00	N/A	\$25.00
Track Only	N/A	N/A	\$17.00	N/A	N/A	\$2.14

\*Seniors (55+) may use our track from 9:00am-1:00pm Monday-Friday free. Must check in with Guest Services to obtain a wristband.



KEYANO.CA/SSWC  
780.791.7792

The Syncrude Sport & Wellness Centre holds the right to cancel programs due to low registration. Programs will be cancelled within 48 hours of commencement date/time. Space available for drop in passes only if class does not fill with registered participants.