

# SYNCRUDE SPORT & WELLNESS CENTRE CLASS SCHEDULE

FITNESS • YOGA • SPIN

FREE for Members Mar 27 – Jun 30, 2023

|           | Monday                                      | Tuesday   | Wednesday                                  | Thursday                                   | Friday  | Saturday  | Sunday                                      |
|-----------|---|---|--|--|---|---|---|
| Morning   |   |   |  |  |   | Active Yoga for EveryBody with Andrea<br>10:00 – 11:00a |   |
| Afternoon | Circuit Bootcamp with Amy<br>12:10 - 12:50p | High-Low Fit (aerobics) w/ Rachel<br>12:10 – 12:50p | Step Fitness with Amy<br>12:10 – 12:50p    | Arms-Booty-Core With Amy<br>12:10 – 12:50p | High-Low Fit (aerobics) w/ Rachel<br>12:10–12:50p | Zumba with Karin<br>11:30a – 12:30p                     |   |
| Evening   | Zumba with Karin<br>6:30 – 7:30p            | Full Body Burn with Taylor<br>5:00 – 6:00p          | Yoga & Weights with Andrea<br>5:15 – 6:15p | Full Body Burn with Taylor<br>5:00 – 6:00p |   |   | STRONG & Stretch with Jenna<br>7:00 – 8:00p |

Virtual Fitness Class

Aerobic Studio

| 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.

**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  
Gym/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



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.