









FREE CLASSES!

KINSMEN PARK JUNE 2-24

NO REGISTRATION REQUIRED
(EXCEPT FOR ART CLASSES)

PRIZES!

ENTER YOUR NAME AT EACH CLASS YOU ATTEND FOR A
CHANCE TO WIN WEEKLY PRIZES AND THE MONTH END
GRAND PRIZE!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|--|
|   | | | 1 | 2 | 3 |
| 5 | 6 | 7 | 8 | 9 | 10 |
| <p>5:30-6:10PM CARDIO FIX w/Mel Ryan, Making Changes Health&Fitness (All ages-Yoga mat required)</p> <p>6:30-8:00PM CANVAS ART w/Dale Manyguns (Ages 16+) -Register at: karmstrong@strathmore.ca</p> | <p>10-11:00AM WALK IN THE PARK w/HEAL -Meet at Kinsmen North Lot</p> <p>6:30-7:30PM GROUP RUN w/Strathmore Run Club (all ages & ability-kids on bikes & strollers welcome)</p> <p>7:15-8:00PM KICKBOXING w/Apex MMA (all ages)</p> | <p>6-8:00PM TEEN NIGHT w/Wheatland Society of Arts -Register at: info@wheatlandarts.ca</p> <p>5-5:45PM Yoga for EVERY BODY w/Transcend Yoga & Wellness (Yoga mat required)</p> | <p>5-5:45PM KARATE w/Strathmore Karate Club (Ages 6+)</p> <p>6-7:00PM CIZE w/Brenda Stuart-Berry, AB Fab Fitness (Ages 8+, Yoga mat required, arrive 10 mins early)</p> <p>7-9:00PM DISC GOLF Drop-in (all ages & ability) -Meet at Brentwood School (discs available if needed)</p> | <p>9 SENIORS WEEK QIGONG CLASS (Moving Meditation) w/Transcend Yoga & Wellness 9:00 AM AT KINSMEN PARK</p> |  |
| 12 | 13 | 14 | 15 | 16 | 17 |
| <p>9-10:00AM AQUACISE -Strathmore Aquatic Centre (all levels, ages 14+)</p> <p>5:30-6:10PM AB INTERVALS w/Mel Ryan, Making Changes Health&Fitness (All ages-Yoga mat required)</p> <p>6:30-8:00PM CANVAS ART w/Dale Manyguns (Ages 16+) -Register at: karmstrong@strathmore.ca</p> | <p>10-11:00AM WALK IN THE PARK w/HEAL -Meet at Kinsmen North Lot</p> <p>5-7:00PM YOUTH NIGHT w/Wheatland Society of Arts (under 12yrs) -Register at: info@wheatlandarts.ca</p> <p>6:30-7:30PM GROUP RUN w/Strathmore Run Club (all ages & ability-kids on bikes & strollers welcome)</p> | <p>6:15-7:15PM ADULT FLOW w/Kelly Montford, f3Fitness (Yoga mat required)</p> <p>7:30-8:30PM AQUACISE -Strathmore Aquatic Centre (all levels, ages 14+)</p> | <p>6-7:00PM CIZE w/Brenda Stuart-Berry, AB Fab Fitness (Ages 8+, Yoga mat required, arrive 10 mins early)</p> <p>7:15-8:00PM KICKBOXING w/Apex MMA (all ages)</p> <p>7-9:00PM DISC GOLF Drop-in (all ages & ability) -Meet at Brentwood School (discs available if needed)</p> |  <p>CHECK IT OUT AT- www.participation.com</p> |  <p>GET TO KNOW YOUR NEIGHBOUR FESTIVAL 2ND & 3RD AVENUE STARTS AT 10:00AM</p> |
| 19 | 20 | 21 | 22 | 23 | 24 |
| <p>5:30-6:10PM TOTAL BODY CIRCUIT w/Mel Ryan, Making Changes Health&Fitness (All ages-Yoga mat required)</p> <p>6:30-8:00PM CANVAS ART w/Dale Manyguns (Ages 16+) -Register at: karmstrong@strathmore.ca</p> | <p>10-11:00AM WALK IN THE PARK w/HEAL -Meet at Kinsmen North Lot</p> <p>6:30-7:30PM GROUP RUN w/Strathmore Run Club (all ages & ability-kids on bikes & strollers welcome)</p> <p>5-7:00PM YOUTH NIGHT w/Wheatland Society of Arts (under 12yrs) -Register at: info@wheatlandarts.ca</p> | <p>5:30-6:30PM KIDS YOGA w/Kelly Montford, f3Fitness (Yoga mat required)</p> | <p>6-7:00PM CIZE w/Brenda Stuart-Berry, AB Fab Fitness (Ages 8+, Yoga mat required, arrive 10 mins early)</p> <p>7-8:00PM YIN YOGA w/Rebecka Wozniak (Adult Beginner)</p> <p>7-9:00PM DISC GOLF Drop-in (all ages & ability) -Meet at Brentwood School (Discs available if needed)</p> | | <p>Tri-Smore</p> <p>Register at: www.tri-smore.com (Reg. closes June 19)</p>  |

THANK YOU TO OUR PARTICIPATING ORGANIZATIONS!

F3FITNESS-KELLY MONTFORD
DALE MANYGUNS
TOWN OF STRATHMORE AQUATIC CENTRE
BRENDA STUART-BERRY, AB FAB FITNESS

STRATHMORE RUNNING CLUB
TRANSCEND YOGA & WELLNESS
STRATHMORE DISC GOLF LEAGUE
MEL RYAN, MAKING CHANGES HEALTH & FITNESS

APEX MMA
STRATHMORE KARATE CLUB
HEAL
REBECKA WOZNIAK



For More Information Contact: Kendra Armstrong at Town of Strathmore 403-934-3133 or karmstrong@strathmore.ca