

June is Recreation and Parks Month

Join the fun in Fort Saskatchewan!

Celebrations Start June 1



Activity Highlights

Parks & Historical Tours
Family Activities & Fitness Classes
Events All Month Long

Visit fortsask.ca/JRPM for more info.
Activities suitable for various age groups.
Check specifics.

Explore,
Exercise,
and
Enjoy!



Registered Demo Days

GENTLE YOGA

Encourage your body to slow down. We will enter postures gradually, layering movements and linking with breath. Balance, mobility, stability, and flexibility will be explored together, ending with time for relaxation. This class is both beginner-friendly and suitable for the more experienced who are looking for a gentler, mindful practice.

POUND

Channel your inner rockstar with this full-body cardio jam session inspired by the infectious, sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted exercise drumsticks, torch calories and drum your way to a leaner, slimmer physique - all while rocking out to your favourite music!

MOVING 4 LIFE

A gentle muscular, strength, and endurance class, perfect for the beginner yet challenging enough for the active person. Using small equipment, the primary goals of this class are toning, strengthening, and increasing mobility. A great class for participants rehabilitating or living with mobility issues. Everyday living is made easier through exercise.

POWER HOUR

Power up your routine with this full-body workout aimed at building your functional capacity for strength and endurance activities.

STROLLERCISE

You don't have to miss your workout! Bring your baby along for all the high-intensity drills, strength, cardio, and core training you can handle. Older children must be able to stay in the stroller.

Parental supervision is required for all

Pop Up and Plays as well as all Family fitness classes!

Spontaneous Gym time : 7 years and younger must be accompanied by a responsible person 14 years of age or older.

All other Fitness Classes: Ages 15 years and older 12-14 years old who completed ONE & DONE.



CITY OF
FORT SASKATCHEWAN
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Registered Demo Day GENTLE YOGA 8:30 - 9:30 am DCC Scotiabank Room	2 Free Drop-in Sports BADMINTON 3:30 - 5:00 pm DCC ATCO Gymnasium	3 Free Drop-in Sports BASKETBALL 3:00 - 4:30 pm DCC ATCO Gymnasium	4 Registered Demo Day STROLLERCISE 10:00 - 11:00 am DCC NUTRIEN Soccer Field	5 Free Drop-in Fitness SIT FIT 4 HEALTH 10:00 - 10:45 am DCC ATCO Gymnasium	6 Early Bird Aquasize 6:30 - 7:30 am Harbour Pool	7 Legacy Park Family Festival 11:00 - 4:00 pm Sheep arriving parade @ 1:00 pm
8	9 Free Drop-in Fitness PURE STRENGTH 6:00 - 6:45 pm DCC ATCO Gymnasium Registered Class Demo Day Strollercise DCC GYM 10:30 - 11:30 am	10 Registered Demo Day MOVING 4 LIFE 11:00 am - 12:00 pm DCC Flexhall	11 Free Drop-in TOT TIME 8:30 - 11:00 am DCC Flexhall	12 Free POP UP & PLAY KITE FLYING & COFFEE DATE 5:00 - 7:00 pm Nature's Playground; 10006 100 Ave	13 Free Drop-in Fitness STRETCH IT OUT 10:00 - 10:45 am DCC Flexhall	14 Free Drop-in Sports SPONTANEOUS USE 1:00 - 3:00 pm DCC ATCO Gymnasium
15 Free Drop-in Fitness TABATA 9:00 - 9:45 am DCC ATCO Gymnasium	16 Deep Water Aquasize 8:00 - 9:00 pm Harbour Pool	17 Free Drop-in Fitness SPIN & MORE 6:00 - 6:45 am DCC Apple Fitness Centre	18 Registered Demo Day POUND 6:00 - 7:00 pm DCC Lions Mane Room	19 Free Drop-in Sports VOLLEYBALL 3:30 - 4:30 pm DCC ATCO Gymnasium	20 Free Drop-in Fitness YOGA 12:05 - 12:50 pm DCC Flexhall	21 Free Drop-in Fitness HIIT IT HARD 8:30 - 9:15 am DCC ATCO Gymnasium Free POP UP & PLAY ROCK SNAKE CREATION 10:00 am - 12:00 pm Nature's Playground; 10006 100 Ave
22	23 Free Drop-in Fitness SILVER STRONG or CIRCUIT 9:00 - 9:45 am DCC NUTRIEN Soccer Field/ ATCO Gymnasium	24 Shallow Aquasize 11:00 am - 12:00 pm Harbour Pool	25 Registered Demo Day POWER HOUR 6:15 - 7:15 pm DCC ATB Wellness Studio	26 Free POP UP & PLAY SCAVENGER HUNT 5:00 - 7:00 pm Nature's Playground; 10006 100 Ave	27 Free Drop-in Sports BASKETBALL 3:30 - 5:00 pm DCC ATCO Gymnasium	28
29 Free Drop-in Sports SPONTANEOUS USE 1:30 - 3:30 pm DCC ATCO Gymnasium	30 Free Drop-in Sports PICKLEBALL 1:00 - 3:00 pm DCC ATCO Gymnasium	NOTE: Parental supervision is required for all Pop Up and Plays as well as all Family fitness classes! Spontaneous Gym time: 7 years and younger must be accompanied by a responsible person 14 years of age or older. All other Fitness Classes: Ages 15 years and older 12 - 14 years old who completed ONE & DONE				

Free Drop-in Fitness

Circuit: Cycle through various exercises and stations to challenge your entire body.

Hiit it Hard: High-intensity interval training designed to make you sweat and boost fitness.

Pure Strength: Build muscle with this strength focused class—no cardio included.

Silver Strong: Improve strength, balance, and flexibility with this total body workout for active agers.

Sit Fit for Health: Functional strength and stretch movements while seated or chair assisted for all fitness levels.

Spin & More: challenge your mind and body with a combination of cycling and strength conditioning moves.

Stretch it Out: Improve flexibility, circulation, and posture with this full-body stretch class.

Tabata: Achieve maximum benefits in minimal time with this total-body workout featuring short intervals.

Yoga: Balance your training with this practice intended to bring awareness and bliss to both mind and body

Drop-in Aquatic Classes

Aquasize: Aquasize is a low-impact fitness class held in both shallow and deep water, designed to improve strength, flexibility, and cardiovascular health. With water's natural resistance and buoyancy, it's a great workout for all fitness levels, including those with joint concerns.