

MENTAL HEALTH WEEK 2026



MOVE, CONNECT, CELEBRATE

SCHEDULE OF FREE DROP-IN FITNESS SESSIONS

MAY 4 - 10, 2026

MONDAY, MAY 4

Drop-In Fitness:

- **Silver Strong** – NUTRIEN Soccer Field
9:00 - 9:45 am
- **Pure Strength** – ATCO Gymnasium
6:00 - 6:45 pm
- **Deep Water Aquasize** – Harbour Pool
8:00 - 9:00 pm

TUESDAY, MAY 5

- **Yoga*** – AUX Sable Flexhall
10:00 - 10:45 am
- **Deep Water Aquasize** – Harbour Pool
12:00 - 1:00 pm
- **Circuit** – ATCO Gymnasium
6:00 - 6:45 pm

WEDNESDAY, MAY 6

- **Aquasize** – Harbour Pool
6:30 - 7:30 am
- **Circuit** – ATCO Gymnasium
9:00 - 9:45 am

**Bring your own yoga mat*

THURSDAY, MAY 7

- **Spin & Tone** – Apple Fitness Centre
6:00 - 6:45 am
- **Sit Fit for Health** – ATCO Gymnasium
10:00 - 10:45 am
- **Aquasize** – Harbour Pool
11:00 am - 12:00 pm
- **Aquasize** – Harbour Pool
8:00 - 9:00 pm

FRIDAY, MAY 8

- **Pure Strength** – ATCO Gymnasium
9:00 - 9:45 am
- **Aquasize** – Harbour Pool
12:00 - 1:00 pm
- **Yoga*** – AUX Sable Flexhall
12:05 - 12:50 pm

SUNDAY, MAY 10

- **Tabata** – ATCO Gymnasium
9:00 - 9:45 am

All classes
are FREE!

