



Macleod Recreation and Fitness Centre

PAA 2019 Programming

The following is a summary of inclusions and exclusions of activities available as part of your PAA offer. For more information, please visit your friendly staff at the front desk.

Local Activities	
Activity	Description
Group Fitness Classes	Access to most classes. Family friendly classes include Boxing, Cycle, Kettlebell, Powerhit, Yoga
Health Club	Access to Health Club
Pryme/Active Movers	Older Adult Classes
Evolt Scan	Book an appointment with a trainer for a free body scan
Play gym children 3-5 years	Supervised gym circuit set up for toddlers who work around the circuit with a parent