

FREE fitness activities throughout June guided by qualified instructors in an inclusive environment.

Made possible by a grant from ParticipAction as part of the Community Challenge presented by Novo Nordisk.

Who: Individuals of all abilities, backgrounds and identities.

Where: The Fieldhouse
1717 Elphinstone St.

How to Register:

Spaces are limited.
Register at Regina.ca/recreation using Activity #74450, visit a Leisure Centre or call 306-777-PLAY (7529).

Basketball:

Introduces participants to the basics of the basketball such as passing, shooting, defense, dribbling and strategic gameplay!

Ages 7-14

Thursday June 6, 13, 20, 27
5:30-7 p.m.

Body Blast:

Increase your strength, stamina and muscular endurance through a variety of exercises.

All Ages

Thursday June 13, 20, 27
9:30-10:30 a.m.

Football:

Learn the fundamentals of football such as passing, catching, blocking, punting and kicking!

Ages 7-14

Friday June 7, 14, 21, 28
5:30-7 p.m.

Soccer:

Learn soccer skills such as passing, shooting, ball control, defense and goal keeping.

Ages 7-14

Tuesday June 4, 11, 18, 25
6-7:30 p.m.

Zumba:

A fitness program combining energetic music with dance movements inspired by salsa, merengue, cumbia, reggaeton and more.

All Ages

Friday June 7, 14, 21, 28
5:30-7 p.m.

