

Sports and Recreation

Student life could be stressful at times, so it is very important to take time out to refresh and do recreational activities. Check out the following resources for recreational activities:

Gyms

- [MacEwan Fitness Centre](#)
 - Gymnasium and swimming pool
 - Group fitness
 - Discounts for Post-secondary students
- [HER GYMVMT](#)
 - For women only
 - Group fitness
- Other Gyms
 - [Planet Fitness](#)
 - [Anytime Fitness](#)
 - [Good Life Fitness](#)

Recreation Centers

- [City of Edmonton's Recreation Centers and Pools](#)
 - Gymnasium and Swimming pool
 - Group fitness
 - Indoor and outdoor court

[Leisure Access Program](#) with the City of Edmonton for low annual household income provides unlimited and free admission to participating Recreation Center facilities.

- [YMCA of Edmonton](#)
 - Gymnasium and Swimming pool
 - Group fitness

Other Programs

- [November Project Community](#)
 - Early morning workout outdoors
 - No registration and no fees
 - No age or fitness barriers, everyone is welcome!

Check [here](#) the days and locations where the workout takes place

Questions? Email: Samantha.Parchment-Andrews@norquest.ca or [book an appointment](#) with a settlement advisor to discuss your options.