



TRY
BEFORE
YOU
BUY

Registered fitness classes Sampled as a drop-in September 8 - 12, Collicutt Centre

Included with your monthly Recreation All Access pass
or available with daily admission.

These courses are available as drop-in activities,
one-time only. Pre-booking is encouraged at
reddeer.ca/DropIn

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reddeer.ca/TryIt

Course	Try It	Time of Class
STRONG	Sept 8	6 - 6:45 a.m.
Zumba Gold	Sept 8	1:30 - 2:15 p.m.
Spin & Tone	Sept 8	5:30- 6:30 p.m.
Killer Butts 'n Guts	Sept 8	6:15 - 7:15 p.m.
Fusion	Sept 8	7:30 - 8:30p.m.
Spin & Tone	Sept 9	9:30 - 10:30 a.m.
Strollercize	Sept 9	10:45 - 11:45 a.m.
Tighten & Tone	Sept 9	1 - 2 p.m.
Pilates Flow	Sept 9	7 - 8 p.m.
STRONG	Sept 10	6 - 6:45 a.m.
Spin & Tone	Sept 11	9:30 - 10:30 a.m.
Tighten & Tone	Sept 11	1 - 2 p.m.
Spin & Tone	Sept 11	5:30 - 6:30 p.m.
Evening Yoga Flow	Sept 11	7 - 8 p.m.
BSS	Sept 12	11 a.m.- 12 p.m.