



**TRY
BEFORE
YOU
BUY**

**Registered fitness classes
Sampled as a drop-in
January 5 - 10 - Collicutt Centre**

Included with your monthly Recreation All Access pass.

reddeer.ca/TryIt

rec(create)RD

These courses are available as drop-in activities, one-time only.

*Daily admission rates apply, no pre-booking is available.

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