



TRY
BEFORE
YOU
BUY

Collicutt Centre Registered fitness classes sampled as a drop-ins September 8 - 10

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

rec(create)RD

Course	Try It	Time of Class
Barre & Pilates Unwind	Sept 8	5:45- 6:30 a.m.
Spin & Tone	Sept 8	9:30 - 10:30 a.m.
Stroller	Sept 8	10:45 - 11:45 a.m.
Tighten & Tone	Sept 8	1 - 2 p.m.
STRONG	Sept 9	6 - 6:45 a.m.
Train to Gain	Sept 9	6:15 - 7:15 p.m.
Spin & Tone	Sept 10	9:30 - 10:30 a.m.
Tighten & Tone	Sept 10	1 - 2p.m.
Spin & Tone	Sept 10	5:30 - 6:30 p.m.
Evening Yoga Flow	Sept 10	7 - 8 p.m.

reddeer.ca/TryIt