



Dow Centennial Centre Drop-in Programs September 12 – December 31



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver Strong 9:00 – 10:00am	Fit Mix 9:00 – 10:00am	Silver Strong 9:00 – 10:00am	Cardio Sculpt Combo 9:00 – 10:00am	Spin & Core 8:45 – 9:45am	Hitt It Hard 8:30 – 9:30am	Put a Spin on It 10:00 – 11:00am
Morning Madness 9:00 – 10:00am	Sit Fit For Health 10:00 – 11:00am	Chisel'd 9:00 – 10:00am	Stretch It Out 9:00 – 10:00am	Silver Strong 9:00 – 10:00am		
Muscle Up 12:05 – 12:55pm	Spin & More 12:05 – 12:50pm	Hatha Strength Yoga 12:00 – 1:00pm	Sit Fit For Health 10:30 – 11:30am	Sattva Yoga <i>starts Sept 24</i> 12:00 – 1:00pm		
Spin & Core PLUS 5:30 – 6:30pm	Pound Plus 5:15 – 6:15pm	Spin 12:05 – 12:55pm	Move or Lose It 12:05 – 12:55pm	Spin 12:05 – 12:50pm		
		Race Walking 7:00 – 8:00pm	Active & Strong 5:15 – 6:15pm			
			Power Hour 6:30 – 7:30pm			

DAILY ADMISSION OR MONTHLY MEMBERSHIP PASS APPLIES

PARTICIPATING AGE 15 YEARS AND UP

No supervision provided, parent supervision recommended