



## Dow Centennial Centre Drop-in Programs November 5 – December 31, 2021



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

**DAILY ADMISSION OR MONTHLY MEMBERSHIP PASS APPLIES**

**PARTICIPATING AGE 15 YEARS AND UP**

**No supervision provided, parent supervision recommended**

**\*\*Schedule is subject to change\*\***