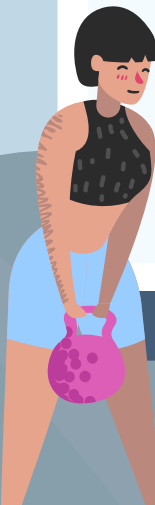


Mental Health Week Events



FREE Drop-in fitness classes at the Dow Centennial Centre

**May
01**

Monday

Silver Strong 9:00 - 9:45 am
Circuit 9:00 - 9:45 am
Spin 10:00 - 10:30 am
Lunch Crunch 12:05 - 12:50 pm
HIIT it Hard 6:00 - 6:45 pm



**May
02**

Tuesday

Spin 5:45 - 6:15 am
Tabata 9:00 - 9:45 am
Full Body Yoga 10:00 - 10:45 am
Spin 6:00 - 6:30 pm
Chisel'd 6:45 - 7:30 pm

**May
03**

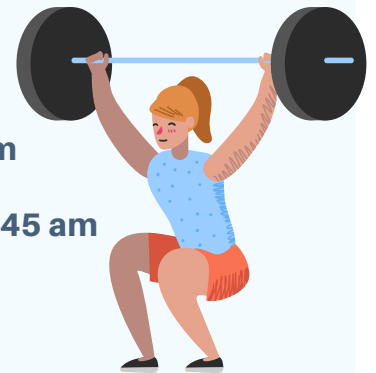
Wednesday

Spin 8:45 - 9:15 am
Silver Strong 9:00 - 9:45 am
Arms and Abs 9:30 - 10:15 am
Yoga 12:05 - 12:50 pm
Sculpt 6:00 - 6:45 pm
Spin 7:00 - 7:30 pm

**May
04**

Thursday

Spin and Core 6:00 - 6:45 am
Chisel'd 9:00 - 9:45 am
Sit Fit for Health 10:00 - 10:45 am
Circuit 6:00 - 6:45 pm



**May
05**

Friday

Silver Strong 9:00 - 9:45 am
Stretch it Out 10:00 - 10:45 am
Buns and Bellies 10:00 - 10:45 am
Spin 6:00 - 6:30 pm
Yoga 12:05 - 12:50 pm

A free one month pass will be handed out each day during one of the classes!

Call 780.992.6267 or visit fortsask.ca/fcss for more detailed information



Family & Community
Support Services
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FORT SASKATCHEWAN