



Middlesex Centre Wellness & Recreation Complex | June 8th - June 14th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---------------------------|--|--------------------------------|--------------------------------|--------|
| Active Agers Drop-in Program | 9:00AM-10:00AM (Low Impact) | | | | 9:00AM-10:00AM (Low Impact) | | |
| Group Power Drop-in Program | 6:30PM-7:30PM (Strength and Endurance) | | | 9:00AM-10:00AM (Strength and Endurance) | | | |
| Yoga Drop-in Program | | 9:00AM-10:00AM (Low Impact) 6:30PM-7:30PM (Low Impact) | | | | 9:00AM-10:00AM (Low Impact) | |
| Cycle Drop-in Program | | | 6:30PM-7:30PM (Cardio) | | | | |
| Kettlebell Drop-in Program | | | | 6:30PM-7:30PM (Strength and Endurance) | | | |