



## Middlesex Centre Wellness & Recreation Complex | August 18th - August 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Active Agers</b> <a href="#">Drop-in Program</a>	9:00AM-10:00AM (Low Impact)				9:00AM-10:00AM (Low Impact)		
<b>Yoga</b> <a href="#">Drop-in Program</a>		9:30AM-10:30AM (Low Impact)  6:30PM-7:30PM (Low Impact)				9:15AM-10:15AM (Low Impact)	
<b>Boot Camp</b> <a href="#">Sign Up</a>			6:30PM-7:30PM (Strength and Endurance)				
<b>Group Power</b> <a href="#">Drop-in Program</a>				9:15AM-10:15AM (Strength and Endurance)			
<b>Cycle</b> <a href="#">Sign Up</a>				6:00PM-6:45PM (Cardio)			