

RED DEER - Collicutt Center

Fitness Testing: Will be completed virtually.

Baseline testing: Aug 29 to Sep 26; Post testing– Dec 9 to 16

Class Times: **Tuesdays & Thursdays 11:00am –12:00pm**, Sep 27 – Dec 8.

*** Class will be switched to virtual delivery if there is not enough demand.

Virtual Classes

Fitness Testing: Will be completed virtually (Baseline: Aug 29 to Sep 16; Post – Dec 2 to 16.)

- **Mondays and Wednesdays @ 9:30am – 10:30am**, Sep 19 – Dec 5. No class Oct 10.
- **Tuesdays and Thursdays @ 6:30 – 7:30 pm**, Sep 20 – Dec 1.