

Free Fitness Sampler

TRIAL CLASSES | SEP 8 & 10

The Abbey Centre is offering guests the chance to sample our Registered Fitness Classes for FREE and meet the instructors prior to registering for the session.

Registration opens September 1, 2022.



SEPTEMBER 8

9:30 - 10:00 AM	SPIN 30/30
11:00 - 11:30 AM	50+ YOGA
11:45 - 12:15 PM	50+ FIT & FUNCTIONAL
6:30 - 7:00 PM	POUND
7:15 - 7:45 PM	STRONG NATION BOOTCAMP



SEPTEMBER 10

9:30 - 10:00 AM	STROLLERSIZE
10:15 - 10:45 AM	ZUMBA
11:00 - 11:30 AM	DANCE BEATZ
11:45 - 12:15 PM	BODY BLAST BOOTCAMP
12:30 - 1:00 PM	GENTLE FLOW YOGA
1:15 - 1:45 PM	POWER VINYASA YOGA
2:00 - 2:30 PM	BUTI YOGA



*Refer to the registered class in the guide for a class description and location.

BLACKFALDS
ALBERTA

Abbey Platinum Master Built
CENTRE