

SEPT 2026

SUN

MON

TUE

WED

THU

FRI

SAT

MOTIVATION MONTH
What keeps you moving?



		1	2	3	4	5
		8:30 am (40m) STRONG 'n MOBILE	8:30 am (40m) SOLID FLOW			9:00 am (40m) STRONGER 9:45 am (30m) MOBILITY TARGETS: Aqua
6	7	8	9	10	11	12
 10:00 am (60m) OUTDOOR CIRCUIT		8:30 am (40m) STRONG 'n MOBILE		8:30 am (40m) SOLID FLOW		9:00 am (40m) STRONGER 9:45 am (30m) MOBILITY TARGETS: Dance
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Syl's hip rehab

DONATIONS ♥ JUL AUG SEPT 2026

SCHEDULE IS IN PACIFIC
TIME



Canadian
Cancer
Society

