



Mental Health Week 2025

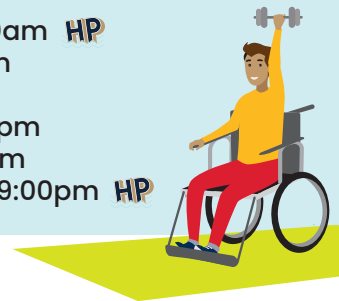
FREE Drop-in classes


at the Dow Centennial Centre and Harbour Pool 

Scan here to explore more events or visit fortsask.ca/MHWeek




Early bird Aquafit | 6:30–7:30am 
Silver Strong | 9:00 – 9:45 am
Circuit | 9:00 – 9:45 am
Pure Strength | 12:05 – 12:50 pm
Pure Strength | 6:00 – 6:45 pm
Deep Water Aquafit | 8:00 – 9:00pm 





Spin & More | 6:00–6:45 am
Tabata | 9:00 – 9:45 am
Yoga | 10:00 – 10:45 am
Shallow Water Aquafit | 11:00 am – 12:00 pm 
Circuit | 5:45 – 6:30 pm
Tabata | 6:45 – 7:30 pm
Yoga | 7:00–7:45 pm





Silver Strong | 9:00 – 9:45 am
Circuit | 9:30 – 10:15 am
Shallow Water Aquafit | 12:00 – 1:00 pm 
Yoga | 12:05 – 12:50 pm
Pure Strength | 6:00 – 6:45 pm
Spin & More | 7:00–7:45 pm



Spin and More | 6:00 – 6:45 am
Pure Strength | 9:00 – 9:45 am
HIIT It Hard | 9:00 – 9:45 am
Sit Fit for Health | 10:00 – 10:45 am
Deep Water Aquafit | 12:00 – 1:00 pm 
HIIT It Hard | 5:45 – 6:30 pm
Shallow Water Aquafit | 8:00 – 9:00 pm 



Early bird Aquafit | 6:30 – 7:30 am 
Silver Strong | 9:00 – 9:45 am
Pure Strength | 9:00am – 9:45 am
Stretch It Out | 10:00 – 10:45 am
Shallow Water Aqua Fitness | 12:00 – 1:00 pm 
Yoga | 12:05 – 12:50 pm



Call **780-992-6267** or visit fortsask.ca/MHWeek for more detailed information



**Family & Community
Support Services**
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