

# DROP-IN SCHEDULE



September 3 to December 20

## FITNESS CLASSES

### MONDAY • Sept 9 - Dec 16

Morning Fitness	9:00 AM - 10:00 AM
Morning Yoga	10:15 AM - 11:15 AM
Full Body Blast	6:30 PM - 7:00 PM

### TUESDAY • Sept 3 - Dec 17

Strength & Conditioning	7:30 AM - 8:30 AM
Stretch & Tone	8:45 AM - 9:45 AM
Pickleball*	9:30 AM - 11:30 AM
Full Body Blast	5:30 PM - 6:00 PM
Yoga	6:15 PM - 7:15 PM

### WEDNESDAY • Sept 4 - Dec 18

Morning Fitness	9:00 AM - 10:00 AM
Morning Yoga	10:15 AM - 11:15 AM
Full Body Blast	5:30 PM - 6:00 PM
Pickleball*	1:00 PM - 3:00 PM

### THURSDAY • Sept 5 - Dec 19

20/20/20	9:00 AM - 10:00 AM
Pilates	10:15 AM - 11:15 AM
Pickleball*	1:00 PM - 3:00 PM

### FRIDAY • Sept 6 - Dec 20

Morning Fitness	9:00 AM - 10:00 AM
Morning Yoga	10:15 AM - 11:15 AM

\* Limited number of spots available.

Check the MOBILE APP for schedule updates



#### AGES:

**Fitness Classes:**  
Ages 13+

**Health Club/Squash:**  
Ages 13+ / 10-12 yrs,  
with adult 18+

**Pickleball:**  
Ages 18+

**Public Skating:**  
All ages

#### HEALTH CLUB

Mon - Fri: 5:30 AM - 9:00 PM  
Sat/Sun: 8:00 AM - 4:00 PM

For more information: [tcchealthclub@tillsonburg.ca](mailto:tcchealthclub@tillsonburg.ca)  
or 519.688.3009 ext 4230

#### SQUASH COURTS

Mon - Fri: 6:00 AM - 8:30 PM  
Sat/Sun: 8:30 AM - 3:30 PM

To book a court: [tcchealthclub@tillsonburg.ca](mailto:tcchealthclub@tillsonburg.ca)  
or 519.688.3009 ext 4230

#### PUBLIC SKATES

Tues: 10:00 AM - 11:30 AM  
Thur: 10:15 AM - 11:45 AM

Fri: 3:30 PM - 5:00 PM  
Sun 1:15 PM - 2:45 PM



Tillsonburg  
Community Centre  
45 Hardy Ave  
519.688.9011

[events.tillsonburg.ca](http://events.tillsonburg.ca)