

DROP-IN SCHEDULE



September 5 - December 22, 2023

FITNESS CLASSES

MONDAY • Sept 11 - Dec 18

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 5 - Dec 19

Pickleball**	9:30 AM - 11:30 AM
Full Body Blast	5:30 PM - 6:00 PM

WEDNESDAY • Sept 6 - Dec 20

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

THURSDAY • Sept 7 - Dec 21

Pickleball**	1:00 PM - 3:00 PM
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FRIDAY • Sept 8 - Dec 22

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

** October 3 - December 14. Limited number of spots available.

**Pre-registration recommended to secure a spot.
Payment must be made at time of booking.**

HEALTH CLUB

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

For more information:
tchealthclub@tillsonburg.ca
519.688.3009 ext 4230

SQUASH COURTS

Mon - Fri: 6:00 AM - 7:30 PM
Sat/Sun: 9:00 AM - 3:30 PM

To book a court:
tchealthclub@tillsonburg.ca
519.688.3009 ext 4230

PUBLIC SKATES

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

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



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

Land Fitness:
Ages 13+

Lane & Leisure Swim:
Ages 13+

Preschool Playtime:
Under 5 yrs + caregiver

Public Skate:
All ages

**Tillsonburg
Community Centre**
45 Hardy Ave
519.688.9011

