

DROP-IN SCHEDULE • SPRING 2023



April 1 - June 30

FITNESS CLASSES

MONDAY • Apr 3 - June 26

Aerobics	9:00 AM - 10:00 AM
Yoga	10:15 AM - 11:15 AM
Full Body Blast	5:45 PM - 6:15 PM
Yoga Blast	6:30 PM - 7:00 PM

TUESDAY • Apr 4 - June 27

Full Body Blast	6:30 PM - 7:00 PM
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WEDNESDAY • Apr 5 - June 28

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

FRIDAY • Apr 7 - June 30

Aerobics	9:00 AM - 10:00 AM
Yoga	10:15 AM - 11:15 AM



HEALTH CLUB

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

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

SQUASH COURTS

Mon - Fri: 6:00 AM - 8:00 PM
Sat/Sun: 9:00 AM - 4:00 PM

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

PUBLIC SKATES

Tues: 10:00 AM - 11:30 AM
Thur: 10:00 AM - 11:30 AM
Fri: 3:30 PM - 5:00 PM

Starting April 1, 2023

ROLLER SKATING

Thur: 6:30 PM - 8:00 PM

May 18 - June 22



Pool Entrance Closed

The indoor pool / south & west entrances are closed for renovations.



Check the MOBILE APP for schedule updates.

AGES:

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

Fitness Classes :
Ages 13+

Public Skate & Roller Skating:
All ages

Tillsonburg
Community Centre
45 Hardy Ave
519.688.9011

events.tillsonburg.ca

