

Wednesday, January 1, 2025

Community Centre CLOSED

Date and Time: Wednesday, January 1 12:00 am - 11:55 pm

Address: 45 Hardy Avenue Tillsonburg

Closed for Holiday.

Thursday, January 2, 2025

Health Club

Date and Time: Thursday, January 2 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Free Public Skate

Date and Time: Thursday, January 2 9:00 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by Beres Butchery and Catering.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Sport Conditioning Fitness Class

Date and Time: Thursday, January 2 11:30 am - 12:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Come and try this pop up class.

\$6.20/class or use your 30min Land Fitness Passes or your Land Fitness Annual Membership.

Free Public Skate

Date and Time: Thursday, January 2 1:00 pm - 2:30 pm

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by Stauffer Motors Ltd.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Friday, January 3, 2025

Health Club

Date and Time: Friday, January 3 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Free Public Skate

Date and Time: Friday, January 3 9:00 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by M&J Tirecraft Tillsonburg.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Core Blast Fitness Class

Date and Time: Friday, January 3 12:30 pm - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Come and try this pop up class.

\$6.20/class or use your 30min Land Fitness Passes or your Land Fitness Annual Membership.

Free Public Skate

Date and Time: Friday, January 3 1:00 pm - 2:30 pm

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by Loads of Laundry Inc.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Saturday, January 4, 2025

Health Club

Date and Time: Saturday, January 4 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Free Public Skate

Date and Time: Saturday, January 4 9:00 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by VD Septic Services.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Sunday, January 5, 2025

Health Club

Date and Time: Sunday, January 5 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Free Public Skate

Date and Time: Sunday, January 5 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by Martinrea.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Mayor's Levee

Date and Time: Sunday, January 5 2:00 pm - 4:00 pm

Address: 30 Tillson Avenue

Mayor's Levee

Sunday, January 5th at 2:00 p.m. to 4:00 p.m.

Cost: By Donation

Come and join Mayor Deb Gilvesy and council celebrate the New Year. It is also the last chance to take in the Christmas exhibit in the Pratt Gallery and tour Annandale House all decorated for the season. Light Refreshments will be served.

Proudly organized by the Tillsonburg and District Historical Society.

Monday, January 6, 2025

Health Club

Date and Time: Monday, January 6 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Monday, January 6 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobic exercises, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Monday, January 6 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Parent and Tot Skate

Date and Time: Monday, January 6 4:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a parent and tot skate. Designated for children 4yrs old or less, accompanied by an adult caregiver. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need. Strollers are permitted on ice during this skate only.

Fee: Toddlers (under 2) - Free / Ages 2-4yrs - \$2.80 / Ages 14+ - \$5.40 / Family (max. 5 people) - \$13.10.

Family Skate at Outdoor Rink

Date and Time: Monday, January 6 4:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the Outdoor Rink for a free family skate. This skate is supervised. No pucks, rings or sticks are allowed during this skate. Skates are weather pending.

Badminton Drop In

Date and Time: Monday, January 6 6:00 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 18+. This program is staff supervised, open-play format with match-ups and play determined by attending players. Birdies and racquets are available for use. Register for the entire session or choose single session dates that fit your schedule. Pre-registration is required: [Online Registration Portal](#)

Match Location: Glendale High School

Blast Class

Date and Time: Monday, January 6 6:30 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Tuesday, January 7, 2025

Health Club

Date and Time: Tuesday, January 7 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Public Skate

Date and Time: Tuesday, January 7 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.80 / Ages 14+ - \$5.40 / Family (max. 5 people) - \$13.10

Blast Class

Date and Time: Tuesday, January 7 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Evening Yoga

Date and Time: Tuesday, January 7 6:15 pm - 7:15 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Wednesday, January 8, 2025

Health Club

Date and Time: Wednesday, January 8 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Wednesday, January 8 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobic exercises, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Wednesday, January 8 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Blast Class

Date and Time: Wednesday, January 8 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Thursday, January 9, 2025

Health Club

Date and Time: Thursday, January 9 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

20/20/20 Fitness Class

Date and Time: Thursday, January 9 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Mix up your routine with three workouts in one! The 20/20/20 class is designed to give you a challenging workout with three 20-min sessions each of different exercises such as cardio, strength training, core work, yoga, boxing and more.

Ages 13+. Drop-ins welcome.

Public Skate

Date and Time: Thursday, January 9 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.80 / Ages 14+ - \$5.40 / Family (max. 5 people) - \$13.10

Pilates

Date and Time: Thursday, January 9 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Pilates is an exercise system that focuses on breathing, core conditioning and body awareness to help improve muscle tone, posture and flexibility. This class is suitable for all fitness levels. Participants are encouraged to bring their own mat.

Ages: 13+ years.

Family Skate at Outdoor Rink

Date and Time: Thursday, January 9 4:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the Outdoor Rink for a free family skate. This skate is supervised. No pucks, rings or sticks are allowed during this skate. Skates are weather pending.

Friday, January 10, 2025

Health Club

Date and Time: Friday, January 10 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Friday, January 10 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobic s, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Friday, January 10 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class uses a variety of yoga poses, stretching principles and movements combined with breathi ng and relaxation techniques to reduce muscle tension and stress.

Public Skate

Date and Time: Friday, January 10 3:30 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available f or those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.80 / Ages 14+ - \$5.40 / Family (max. 5 people) - \$13.10

Saturday, January 11, 2025

Health Club

Date and Time: Saturday, January 11 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for w allyball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Family Skate at Outdoor Rink

Date and Time: Saturday, January 11 10:00 am - 12:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the Outdoor Rink for a free family skate. This skate is supervised. No pucks, rings or sticks are allowed during this skate. Skates are weather pending.

Sunday, January 12, 2025

Health Club

Date and Time: Sunday, January 12 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Free Public Skate

Date and Time: Sunday, January 12 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by Arpan Khanna, MP of Oxford.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Monday, January 13, 2025

Health Club

Date and Time: Monday, January 13 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Monday, January 13 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobic s, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Monday, January 13 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Parent and Tot Skate

Date and Time: Monday, January 13 4:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a parent and tot skate. Designated for children 4yrs old or less, accompanied by an adult caregiver. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need. Strollers are permitted on ice during this skate only.

Fee: Toddlers (under 2) - Free / Ages 2-4yrs - \$2.80 / Ages 14+ - \$5.40 / Family (max. 5 people) - \$13.10.

Family Skate at Outdoor Rink

Date and Time: Monday, January 13 4:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the Outdoor Rink for a free family skate. This skate is supervised. No pucks, rings or sticks are allowed during this skate. Skates are weather pending.

FREE Friendship Dinner

Date and Time: Monday, January 13 4:30 pm - 6:30 pm

Address: 52 Venison St E

FREE Friendship Dinners brought to you by your Tillsonburg Society of St Vincent d Paul.

Everyone welcome. Doors open at 4:30pm and dinner is served at 5pm.

Shopping table (Food, clothes, shoes, bedding etc) always available - items are free.

Located in the basement of St Mary's Church Tillsonburg - 51 Venison St W.

Badminton Drop In

Date and Time: Monday, January 13 6:00 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 18+. This program is staff supervised, open-play format with match-ups and play determined by attending players. Birdies and racquets are available for use. Register for the entire session or choose single session dates that fit your schedule. Pre-registration is required: [Online Registration Portal](#)

Match Location: Glendale High School

Blast Class

Date and Time: Monday, January 13 6:30 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Tuesday, January 14, 2025

Health Club

Date and Time: Tuesday, January 14 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Public Skate

Date and Time: Tuesday, January 14 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.80 / Ages 14+ - \$5.40 / Family (max. 5 people) - \$13.10

Blast Class

Date and Time: Tuesday, January 14 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Evening Yoga

Date and Time: Tuesday, January 14 6:15 pm - 7:15 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Wednesday, January 15, 2025

Health Club

Date and Time: Wednesday, January 15 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Wednesday, January 15 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobic s, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Wednesday, January 15 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Blast Class

Date and Time: Wednesday, January 15 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Thursday, January 16, 2025

Health Club

Date and Time: Thursday, January 16 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

20/20/20 Fitness Class

Date and Time: Thursday, January 16 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Mix up your routine with three workouts in one! The 20/20/20 class is designed to give you a challenging workout with three 20-min sessions each of different exercises such as cardio, strength training, core work, yoga, boxing and more.

Ages 13+. Drop-ins welcome.

Public Skate

Date and Time: Thursday, January 16 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.80 / Ages 14+ - \$5.40 / Family (max. 5 people) - \$13.10

Pilates

Date and Time: Thursday, January 16 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Pilates is an exercise system that focuses on breathing, core conditioning and body awareness to help improve muscle tone, posture and flexibility. This class is suitable for all fitness levels. Participants are encouraged to bring their own mat.

Ages: 13+ years.

Family Skate at Outdoor Rink

Date and Time: Thursday, January 16 4:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the Outdoor Rink for a free family skate. This skate is supervised. No pucks, rings or sticks are allowed during this skate. Skates are weather pending.

Friday, January 17, 2025

Health Club

Date and Time: Friday, January 17 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or quickeball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Friday, January 17 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobic s, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Friday, January 17 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Public Skate

Date and Time: Friday, January 17 3:30 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.80 / Ages 14+ - \$5.40 / Family (max. 5 people) - \$13.10

Saturday, January 18, 2025

Health Club

Date and Time: Saturday, January 18 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Home Alone Course

Date and Time: Saturday, January 18 8:00 am - 12:00 pm

Address: 45 Hardy Avenue Tillsonburg

This course is designed for kids to learn how to stay safe at home alone or with younger or older siblings. It will give these younger children the skills to feel confident while staying home alone. This course includes basic First Aid. Register online here [Online Portal](#)

Family Skate at Outdoor Rink

Date and Time: Saturday, January 18 10:00 am - 12:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the Outdoor Rink for a free family skate. This skate is supervised. No pucks, rings or sticks are allowed during this skate. Skates are weather pending.

Sunday, January 19, 2025

Health Club

Date and Time: Sunday, January 19 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Free Public Skate

Date and Time: Sunday, January 19 1:15 pm

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by George's Auto Repair Inc.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Monday, January 20, 2025

Health Club

Date and Time: Monday, January 20 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squash (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Monday, January 20 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobic exercises, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Monday, January 20 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Frosty Night Out

Date and Time: Monday, January 20 4:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

All ages. Join us for a free skate, fun, games, prizes and treats.

Location: JL Scott McLean Recreation Pad

Parent and Tot Skate

Date and Time: Monday, January 20 4:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a parent and tot skate. Designated for children 4yrs old or less, accompanied by an adult caregiver. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need. Strollers are permitted on ice during this skate only.

Fee: Toddlers (under 2) - Free / Ages 2-4yrs - \$2.80 / Ages 14+ - \$5.40 / Family (max. 5 people) - \$13.10.

Family Skate at Outdoor Rink

Date and Time: Monday, January 20 4:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the Outdoor Rink for a free family skate. This skate is supervised. No pucks, rings or sticks are allowed during this skate. Skates are weather pending.

Badminton Drop In

Date and Time: Monday, January 20 6:00 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 18+. This program is staff supervised, open-play format with match-ups and play determined by attending players. Birdies and racquets are available for use. Register for the entire session or choose single session date that fit your schedule. Pre-registration is required: [Online Registration Portal](#)

Match Location: Glendale High School

Blast Class

Date and Time: Monday, January 20 6:30 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Tuesday, January 21, 2025

Health Club

Date and Time: Tuesday, January 21 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Public Skate

Date and Time: Tuesday, January 21 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.80 / Ages 14+ - \$5.40 / Family (max. 5 people) - \$13.10

Blast Class

Date and Time: Tuesday, January 21 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Evening Yoga

Date and Time: Tuesday, January 21 6:15 pm - 7:15 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Wednesday, January 22, 2025

Health Club

Date and Time: Wednesday, January 22 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Wednesday, January 22 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobic exercises, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Wednesday, January 22 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Blast Class

Date and Time: Wednesday, January 22 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Thursday, January 23, 2025

Health Club

Date and Time: Thursday, January 23 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

allyball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

20/20/20 Fitness Class

Date and Time: Thursday, January 23 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Mix up your routine with three workouts in one! The 20/20/20 class is designed to give you a challenging workout with three 20-min sessions each of different exercises such as cardio, strength training, core work, yoga, boxing and more.

Ages 13+. Drop-ins welcome.

Public Skate

Date and Time: Thursday, January 23 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.80 / Ages 14+ - \$5.40 / Family (max. 5 people) - \$13.10

Pilates

Date and Time: Thursday, January 23 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Pilates is an exercise system that focuses on breathing, core conditioning and body awareness to help improve muscle tone, posture and flexibility. This class is suitable for all fitness levels. Participants are encouraged to bring their own mat.

Ages: 13+ years.

Family Skate at Outdoor Rink

Date and Time: Thursday, January 23 4:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the Outdoor Rink for a free family skate. This skate is supervised. No pucks, rings or sticks are allowed during this skate. Skates are weather pending.

Health Club

Date and Time: Friday, January 24 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squash (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Friday, January 24 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobic exercises, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Friday, January 24 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Public Skate

Date and Time: Friday, January 24 3:30 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.80 / Ages 14+ - \$5.40 / Family (max. 5 people) - \$13.10

Friday Fun Night (4-7yrs)

Date and Time: Friday, January 24 5:30 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 4-7yrs. Winter Craft: Participants will create a couple of colourful chilly creations. Participants are asked to bring a water bottle & inform staff of any allergies. Register: [Online Registration Portal](#)

Saturday, January 25, 2025

Health Club

Date and Time: Saturday, January 25 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Family Skate at Outdoor Rink

Date and Time: Saturday, January 25 10:00 am - 12:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the Outdoor Rink for a free family skate. This skate is supervised. No pucks, rings or sticks are allowed during this skate. Skates are weather pending.

Makers' Workshop: Pottery Workshop

Date and Time: Saturday, January 25 1:30 pm - 4:00 pm

Address: 30 Tillson Avenue

Makers' Workshop: Pottery Workshop

Saturday, January 25th; 1:30 p.m (approximately 3 hours)

Cost: \$30.00

Come join potter Penni Stoddart and learn about pottery and make your own Pinch Pot Pottery Creatures. **All materials and supplies are provided. Preregistration is required.**

Sunday, January 26, 2025

Health Club

Date and Time: Sunday, January 26 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Free Public Skate

Date and Time: Sunday, January 26 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by Canadian Tire.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Monday, January 27, 2025

Health Club

Date and Time: Monday, January 27 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Monday, January 27 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobic s, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Monday, January 27 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class uses a variety of yoga poses, stretching principles and movements combined with breathi ng and relaxation techniques to reduce muscle tension and stress.

Parent and Tot Skate

Date and Time: Monday, January 27 4:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a parent and tot skate. Designated for children 4yrs old or less, accompanied by an adult caregiver. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need. Strollers are permitted on ice during this skate only.

Fee: Toddlers (under 2) - Free / Ages 2-4yrs - \$2.80 / Ages 14+ - \$5.40 / Family (max. 5 people) - \$13.10.

Family Skate at Outdoor Rink

Date and Time: Monday, January 27 4:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the Outdoor Rink for a free family skate. This skate is supervised. No pucks, rings or sticks are allo wed during this skate. Skates are weather pending.

Badminton Drop In

Date and Time: Monday, January 27 6:00 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 18+. This program is staff supervised, open-play format with match-ups and play determined by attending players. Birdies and racquets are available for use. Register for the entire session or choose single session date s that fit your schedule. Pre-registration is required: [Online Registration Portal](#)

Match Location: Glendale High School

Blast Class

Date and Time: Monday, January 27 6:30 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Tuesday, January 28, 2025

Health Club

Date and Time: Tuesday, January 28 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Public Skate

Date and Time: Tuesday, January 28 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.80 / Ages 14+ - \$5.40 / Family (max. 5 people) - \$13.10

Blast Class

Date and Time: Tuesday, January 28 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Evening Yoga

Date and Time: Tuesday, January 28 6:15 pm - 7:15 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Wednesday, January 29, 2025

Health Club

Date and Time: Wednesday, January 29 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Wednesday, January 29 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Wednesday, January 29 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Blast Class

Date and Time: Wednesday, January 29 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Thursday, January 30, 2025

Health Club

Date and Time: Thursday, January 30 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

20/20/20 Fitness Class

Date and Time: Thursday, January 30 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Mix up your routine with three workouts in one! The 20/20/20 class is designed to give you a challenging workout with three 20-min sessions each of different exercises such as cardio, strength training, core work, yoga, boxing and more.

Ages 13+. Drop-ins welcome.

Public Skate

Date and Time: Thursday, January 30 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.80 / Ages 14+ - \$5.40 / Family (max. 5 people) - \$13.10

Pilates

Date and Time: Thursday, January 30 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Pilates is an exercise system that focuses on breathing, core conditioning and body awareness to help improve muscle tone, posture and flexibility. This class is suitable for all fitness levels. Participants are encouraged to bring their own mat.

Ages: 13+ years.

Family Skate at Outdoor Rink

Date and Time: Thursday, January 30 4:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the Outdoor Rink for a free family skate. This skate is supervised. No pucks, rings or sticks are allowed during this skate. Skates are weather pending.

Friday, January 31, 2025

Health Club

Date and Time: Friday, January 31 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Friday, January 31 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobic exercises, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Friday, January 31 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Public Skate

Date and Time: Friday, January 31 3:30 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.80 / Ages 14+ - \$5.40 / Family (max. 5 people) - \$13.10

<https://events.tillsonburg.ca>