## March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:00 am Health Club 9:00 am Kidproof Babysitting Course 10:00 am Family Skate at Outdoor Rink
2 8:00 am Health Club 1:15 pm Free Public Skate	<ul> <li>3</li> <li>5:30 am Health Club</li> <li>9:00 am Morning Fitness</li> <li>9:00 am "What's You Sign: Part 2" Exhibition Opening</li> <li>10:15 am Morning Yoga</li> <li>4:00 pm Parent and Tot Skate</li> <li>4:00 pm Family Skate at Outdoor Rink</li> <li>6:00 pm Badminton Drop In</li> <li>6:30 pm Blast Class</li> </ul>	4 5:30 am Health Club 9:30 am Pickleball Drop In 10:00 am Public Skate 5:30 pm Blast Class 6:15 pm Evening Yoga	5 5:30 am Health Club 9:00 am Morning Fitness 10:15 am Morning Yoga 1:00 pm Pickleball Drop In 5:30 pm Blast Class	6 5:30 am Health Club 9:00 am 20/20/20 Fitness Class 10:00 am Public Skate 10:15 am Pilates 1:00 pm Pickleball Drop In 1:30 pm Women's Day Cheesecake Social; 4:00 pm Family Skate at Outdoor Rink	7 5:30 am Health Club 9:00 am Morning Fitness 10:15 am Morning Yoga 3:30 pm Public Skate	8 8:00 am Health Club 10:00 am Family Skate at Outdoor Rink
9 8:00 am Health Club 1:15 pm Free Public Skate	<ul> <li>10</li> <li>5:30 am Health Club</li> <li>8:30 am Aqua Fit (Baby &amp; Me Aqua Fit)</li> <li>9:00 am Free Public Skate</li> <li>10:30 am "Eco- Explorers: March Break at the Museum"</li> <li>11:30 am Adult Swim</li> <li>1:00 pm "Eco- Explorers: March Break at the Museum" SR Group</li> <li>1:00 pm Free Public Skate</li> <li>1:00 pm Aqua Jog</li> </ul>	<ul> <li>11</li> <li>5:30 am Health Club</li> <li>6:00 am Adult Swim</li> <li>8:30 am Aqua Fit (Baby &amp; Me Aqua Fit)</li> <li>9:00 am Free Public Skate</li> <li>9:30 am Aqua Jog</li> <li>11:30 am Aqua Jog</li> <li>11:30 am "Eco- Explorers: March Break at the Museum"</li> <li>11:30 am Adult Swim</li> <li>1:00 pm Aqua Fit (Baby &amp; Me Aqua Fit)</li> <li>1:00 pm Free Public Skate</li> </ul>	<ul> <li>12</li> <li>5:30 am Health Club</li> <li>6:00 am Adult Swim</li> <li>7:30 am Aqua Cycle</li> <li>8:30 am Aqua Fit (Baby &amp; Me Aqua Fit)</li> <li>9:00 am Free Public Skate</li> <li>9:30 am Preschool Playtime Swim</li> <li>10:30 am "Eco- Explorers: March Break at the Museum"</li> <li>11:30 am Adult Swim</li> <li>1:00 pm Aqua Fit (Baby &amp; Me Aqua Fit)</li> </ul>	<ul> <li>13</li> <li>5:30 am Health Club</li> <li>6:00 am Adult Swim</li> <li>8:30 am Aqua Fit</li> <li>(Baby &amp; Me Aqua Fit)</li> <li>9:00 am Free Public Skate</li> <li>9:30 am Aqua Jog</li> <li>10:30 am "Eco- Explorers: March Break at the Museum"</li> <li>11:30 am Adult Swim</li> <li>1:00 pm Aqua Fit</li> <li>(Baby &amp; Me Aqua Fit)</li> <li>1:00 pm "Eco- Explorers: March</li> </ul>	<ul> <li>14</li> <li>5:30 am Health Club</li> <li>6:00 am Adult Swim</li> <li>7:30 am Aqua Cycle</li> <li>8:30 am Aqua Fit</li> <li>(Baby &amp; Me Aqua Fit)</li> <li>9:00 am Free Public</li> <li>Skate</li> <li>9:30 am Preschool</li> <li>Playtime Swim</li> <li>10:30 am "Eco- Explorers: March</li> <li>Break at the</li> <li>Museum"</li> <li>1:00 pm "Eco- Explorers: March</li> <li>Break at the</li> <li>Museum" SR Group</li> <li>1:00 pm Aqua Jog</li> </ul>	15 8:00 am Health Club 8:30 am Adult Swim 11:00 am Adult Swim 1:30 pm Community Swim

	<ul> <li>3:00 pm Adult Swim</li> <li>4:00 pm Family Skate at Outdoor Rink</li> <li>4:30 pm FREE Friendship Dinner</li> <li>5:00 pm Community Swim</li> <li>7:30 pm Aqua Jog</li> <li>8:30 pm Adult Swim</li> </ul>	1:00 pm "Eco- Explorers: March Break at the Museum" SR Group 3:00 pm Community Swim 5:00 pm Adult Swim 7:30 pm Aqua Cycle 8:30 pm Adult Swim	1:00 pm "Eco- Explorers: March Break at the Museum" SR Group 1:00 pm Free Public Skate 3:00 pm Adult Swim 5:00 pm Community Swim 7:30 pm Aqua Jog 8:30 pm Adult Swim	Break at the Museum" SR Group 1:00 pm Free Public Skate 3:00 pm Community Swim 5:00 pm Adult Swim 7:30 pm Aqua Cycle 8:30 pm Adult Swim	1:00 pm Free Public Skate 5:00 pm Community Swim	
16 8:00 am Health Club 8:30 am Adult Swim 11:30 am Adult Swim 1:15 pm Free Public Skate 1:30 pm Community Swim	<ul> <li>17</li> <li>5:30 am Health Club</li> <li>6:00 am Adult Swim</li> <li>7:30 am Aqua Cycle</li> <li>8:30 am Aqua Fit (Baby &amp; Me Aqua Fit)</li> <li>9:00 am Morning Fitness</li> <li>9:30 am Aqua Jog</li> <li>10:15 am Morning Yoga</li> <li>11:30 am Adult Swim</li> <li>1:00 pm Aqua Fit (Baby &amp; Me Aqua Fit)</li> <li>1:00 pm Founder's Day Celebration</li> <li>4:00 pm Parent and Tot Skate</li> <li>6:00 pm Badminton Drop In</li> <li>6:30 pm Blast Class</li> <li>7:30 pm Aqua Jog</li> <li>8:30 pm Adult Swim</li> </ul>	<ul> <li>18</li> <li>5:30 am Health Club</li> <li>6:00 am Adult Swim</li> <li>8:30 am Aqua Fit (Baby &amp; Me Aqua Fit)</li> <li>9:30 am Aqua Jog</li> <li>9:30 am Pickleball Drop In</li> <li>11:30 am Adult Swim</li> <li>5:30 pm Blast Class</li> <li>6:15 pm Evening Yoga</li> <li>7:30 pm Aqua Cycle</li> <li>8:30 pm Adult Swim</li> </ul>	<ul> <li>19</li> <li>5:30 am Health Club</li> <li>6:00 am Adult Swim</li> <li>7:30 am Aqua Cycle</li> <li>8:30 am Aqua Fit</li> <li>(Baby &amp; Me Aqua Fit)</li> <li>9:00 am Morning</li> <li>Fitness</li> <li>9:30 am Preschool</li> <li>Playtime Swim</li> <li>10:15 am Morning</li> <li>Yoga</li> <li>11:30 am Adult</li> <li>Swim</li> <li>1:00 pm Aqua Fit</li> <li>(Baby &amp; Me Aqua Fit)</li> <li>1:00 pm Pickleball</li> <li>Drop In</li> <li>5:30 pm Alqua Jog</li> <li>8:30 pm Adult Swim</li> </ul>	20 5:30 am Health Club 6:00 am Adult Swim 8:30 am Aqua Fit (Baby & Me Aqua Fit) 9:00 am 20/20/20 Fitness Class 9:30 am Aqua Jog 10:00 am Public Skate 10:15 am Pilates 11:30 am Adult Swim 1:00 pm Pickleball Drop In 7:30 pm Aqua Cycle 8:30 pm Adult Swim	21 5:30 am Health Club 6:00 am Adult Swim 7:30 am Aqua Cycle 8:30 am Aqua Fit (Baby & Me Aqua Fit) 9:00 am Morning Fitness 10:15 am Morning Yoga 11:30 am Adult Swim 1:00 pm Aqua Fit (Baby & Me Aqua Fit) 5:30 pm Friday Fun Night (4-7yrs)	22 8:00 am Home Alone Course 8:00 am Health Club 11:30 am Adult Swim 1:00 pm Community Swim
23 8:00 am Health Club 11:30 am Adult Swim 1:00 pm Community Swim 1:15 pm Free Public Skate	<ul> <li>24</li> <li>5:30 am Health Club</li> <li>6:00 am Adult Swim</li> <li>7:30 am Aqua Cycle</li> <li>8:30 am Aqua Fit</li> <li>(Baby &amp; Me Aqua Fit)</li> <li>9:00 am Morning</li> <li>Fitness</li> <li>10:15 am Morning</li> <li>Yoga</li> <li>11:30 am Adult</li> <li>Swim</li> <li>1:00 pm Aqua Fit</li> <li>(Baby &amp; Me Aqua Fit)</li> <li>4:00 pm Parent and Tot Skate</li> </ul>	<ul> <li>25</li> <li>5:30 am Health Club</li> <li>6:00 am Adult Swim</li> <li>8:30 am Aqua Fit (Baby &amp; Me Aqua Fit)</li> <li>9:30 am Aqua Jog</li> <li>9:30 am Pickleball Drop In</li> <li>10:00 am Public Skate</li> <li>11:30 am Adult Swim</li> <li>5:30 pm Blast Class</li> <li>6:15 pm Evening Yoga</li> <li>7:30 pm Aqua Cycle</li> </ul>	<ul> <li>26</li> <li>5:30 am Health Club</li> <li>6:00 am Adult Swim</li> <li>7:30 am Aqua Cycle</li> <li>8:30 am Aqua Fit (Baby &amp; Me Aqua Fit)</li> <li>9:00 am Morning Fitness</li> <li>9:30 am Preschool Playtime Swim</li> <li>10:15 am Morning Yoga</li> <li>11:30 am Adult Swim</li> <li>1:00 pm Aqua Fit (Baby &amp; Me Aqua Fit)</li> </ul>	<ul> <li>27</li> <li>5:30 am Health Club</li> <li>6:00 am Adult Swim</li> <li>8:30 am Aqua Fit (Baby &amp; Me Aqua Fit)</li> <li>9:00 am 20/20/20 Fitness Class</li> <li>9:30 am Aqua Jog</li> <li>10:00 am Public Skate</li> <li>10:15 am Pilates</li> <li>11:30 am Adult Swim</li> <li>12:00 pm Lunch and Learn Lecture 2: "Nancy Barker Tillson: Tillsonburg's</li> </ul>	28 5:30 am Health Club 6:00 am Adult Swim 7:30 am Aqua Cycle 8:30 am Aqua Fit (Baby & Me Aqua Fit) 9:00 am Morning Fitness 10:15 am Morning Yoga 11:30 am Adult Swim 12:00 pm Lunch and Learn Lecture 2: "Nancy Barker Tillson: Tillsonburg's First Lady"	29 8:00 am Health Club 11:30 am Adult Swim 1:00 pm Community Swim

30 8:00 am Health Club 11:30 am Adult Swim 1:00 pm Community Swim	<ul> <li>6:00 pm Badminton Drop In</li> <li>6:30 pm Blast Class</li> <li>7:30 pm Aqua Jog</li> <li>8:30 pm Adult Swim</li> <li>31</li> <li>5:30 am Health Club</li> <li>6:00 am Adult Swim</li> <li>7:30 am Aqua Cycle</li> <li>8:30 am Aqua Fit (Baby &amp; Me Aqua Fit)</li> </ul>	8:30 pm Adult Swim	1:00 pm Pickleball Drop In 5:30 pm Blast Class 7:30 pm Aqua Jog 8:30 pm Adult Swim	First Lady" 1:00 pm Pickleball Drop In 7:30 pm Aqua Cycle 8:30 pm Adult Swim	1:00 pm Aqua Fit (Baby & Me Aqua Fit) 3:30 pm Public Skate	
	9:00 am Morning Fitness					
	10:15 am Morning Yoga					
	11:30 am Adult Swim					
	1:00 pm Aqua Fit (Baby & Me Aqua Fit)					
	4:00 pm Parent and Tot Skate					
	6:00 pm Badminton Drop In					
	6:30 pm Blast Class					
	7:30 pm Aqua Jog					
	8:30 pm Adult Swim					

https://events.tillsonburg.ca