

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:30 am Health Club 6:00 am Adult Swim 8:30 am Aqua Fit (Baby & Me Aqua Fit) 9:30 am Pickleball Drop In 9:30 am Aqua Jog 10:00 am Public Skate 11:30 am Adult Swim 5:30 pm Blast Class 6:15 pm Evening Yoga 7:30 pm Aqua Cycle 8:30 pm Adult Swim	2 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) 1:00 pm Pickleball Drop In 5:30 pm Blast Class 7:30 pm Aqua Jog 8:30 pm Adult Swim	3 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 Scan-a-Thon 1:00 pm Pickleball Drop In 7:30 pm Aqua Cycle 8:30 pm Adult Swim	4 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 10:00 am Parkinson Society SWO Spring Conference 10:15 am Morning Yoga 11:30 am Adult Swim 1:00 pm Aqua Fit (Baby & Me Aqua Fit) 3:30 pm Public Skate	5 8:00 am Health Club 10:00 am Scan-a-Thon 11:30 am Adult Swim 1:00 pm Community Swim
6 8:00 am Health Club 11:30 am Adult Swim 1:00 pm Community Swim	7 5:30 am Health Club 6:00 am Adult Swim 7:30 am Aqua Cycle 8:30 am Aqua Fit (Baby & Me Aqua Fit) 9:30 am Aqua Jog 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	8 5:30 am Health Club 6:00 am Adult Swim 8:30 am Aqua Fit (Baby & Me Aqua Fit) 9:30 am Aqua Jog 9:30 am Pickleball Drop In 10:00 am Public Skate 11:30 am Adult Swim 5:30 pm Blast Class 6:15 pm Evening Yoga 7:30 pm Aqua Cycle 8:30 pm Adult Swim	9 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) 1:00 pm Pickleball Drop In 1:30 pm Makers' Workshop: Spring Bouquet Wool Flowers Workshop 5:30 pm Blast Class 7:30 pm Aqua Jog 8:30 pm Adult Swim	10 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	11 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) 3:30 pm Public Skate	12 8:00 am Health Club 11:30 am Adult Swim 1:00 pm Community Swim
13	14	15	16	17	18	19

8:00 am Health Club	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) 4:00 pm Parent and Tot Skate 4:30 pm FREE Friendship Dinner 6:00 pm Badminton Drop In 6:30 pm Blast Class 7:30 pm Aqua Jog 8:30 pm Adult Swim	5:30 am Health Club 6:00 am Adult Swim 8:30 am Aqua Fit (Baby & Me Aqua Fit) 9:30 am Aqua Jog 9:30 am Pickleball Drop In 10:00 am Public Skate 11:30 am Adult Swim 5:30 pm Blast Class 6:15 pm Evening Yoga 7:30 pm Aqua Cycle 8:30 pm Adult Swim	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) 1:00 pm Pickleball Drop In 1:30 pm Easter Tea and Egg Hunt 5:30 pm Blast Class 7:30 pm Aqua Jog 8:30 pm Adult Swim	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		8:00 am Health Club 11:30 am Adult Swim 1:00 pm Community Swim
20 8:00 am Health Club 11:30 am Adult Swim 1:00 pm Community Swim	21	22 5:30 am Health Club 6:00 am Adult Swim 8:30 am Aqua Fit (Baby & Me Aqua Fit) 9:30 am Aqua Jog 9:30 am Pickleball Drop In 10:00 am Public Skate 11:30 am Adult Swim 5:30 pm Blast Class 6:15 pm Evening Yoga 7:30 pm Aqua Cycle 8:30 pm Adult Swim	23 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) 1:00 pm Pickleball Drop In 5:30 pm Blast Class 7:30 pm Aqua Jog 8:30 pm Adult Swim	24 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 12:00 pm Lunch and Learn Lecture 3: "Benjamin VanNorman: Co-Founder of Tillsontown?" 1:00 pm Pickleball Drop In 7:30 pm Aqua Cycle 8:30 pm Adult Swim	25 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 3: "Benjamin VanNorman: Co-Founder of Tillsontown?" 1:00 pm Aqua Fit (Baby & Me Aqua Fit) 3:30 pm Public Skate	26 8:00 am Health Club 9:00 am Kidproof Babysitting Course 10:00 am Makers' Workshop: Rug Hooking with the Oxwood Rug Hooking Club 11:30 am Adult Swim 1:00 pm Community Swim
27 8:00 am Health Club 11:30 am Adult Swim 1:00 pm Community Swim	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	29 5:30 am Health Club 6:00 am Adult Swim 8:30 am Aqua Fit (Baby & Me Aqua Fit) 9:30 am Pickleball Drop In	30 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			

	<p>Fitness</p> <p>10:15 am Morning Yoga</p> <p>11:30 am Adult Swim</p> <p>1:00 pm Aqua Fit (Baby & Me Aqua Fit)</p> <p>4:00 pm Parent and Tot Skate</p> <p>6:00 pm Badminton Drop In</p> <p>6:30 pm Blast Class</p> <p>7:30 pm Aqua Jog</p> <p>8:30 pm Adult Swim</p>	<p>9:30 am Aqua Jog</p> <p>10:00 am Public Skate</p> <p>11:30 am Adult Swim</p> <p>5:30 pm Blast Class</p> <p>6:15 pm Evening Yoga</p> <p>7:30 pm Aqua Cycle</p> <p>8:30 pm Adult Swim</p>	<p>Fitness</p> <p>10:15 am Morning Yoga</p> <p>11:30 am Adult Swim</p> <p>1:00 pm Pickleball Drop In</p> <p>1:00 pm Aqua Fit (Baby & Me Aqua Fit)</p> <p>5:30 pm Blast Class</p> <p>7:30 pm Aqua Jog</p> <p>8:30 pm Adult Swim</p>			
--	---	--	--	--	--	--

<https://events.tillsonburg.ca>