

Sunday, September 1, 2024

Splash Pad

Date and Time: Sunday, September 1 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Lake Lisgar Waterpark

Date and Time: Sunday, September 1 12:00 pm - 8:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - Follow the Town of Tillsonburg Facebook page for any updates on Waterpark closures due to weather or maintenance.

Monday, September 2, 2024

Community Centre CLOSED

Date and Time: Monday, September 2 12:00 am - 11:55 pm

Address: 45 Hardy Avenue Tillsonburg

Closed for Holiday.

Splash Pad

Date and Time: Monday, September 2 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Lake Lisgar Waterpark

Date and Time: Monday, September 2 12:00 pm - 8:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - follow the Town of Tillsonburg on Facebook for any updates regarding Waterpark closures due to weather or maintenance.

Tuesday, September 3, 2024

Health Club

Date and Time: Tuesday, September 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.

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

Strength and Condition

Date and Time: Tuesday, September 3 7:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class is designed for any level of fitness.

This is a full body workout using interval-style sets and a variety of equipment will target strength and muscle tone. A great option to enhance fat burning potential, improve body composition and confidence.

Stretch and Tone

Date and Time: Tuesday, September 3 8:45 am - 9:45 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class is designed for any level of fitness.

This class emphasizes flexibility and posture while opening and releasing the entire body. The class incorporates yoga, tai chi and pilates-style movements for a full body workout.

Splash Pad

Date and Time: Tuesday, September 3 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Lake Lisgar Waterpark

Date and Time: Tuesday, September 3 12:00 pm - 8:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - follow the Town of Tillsonburg on Facebook for any updates regarding Waterpark closures due to weather or maintenance.

Blast Class

Date and Time: Tuesday, September 3 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, September 3 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.

Tillsonburg Horticultural Society General Meeting

Date and Time: Tuesday, September 3 7:30 pm - 8:30 pm

Address: 37 Joseph Street

Featured speaker: Robert Pavlis 'Lesser-known spring bulbs'

Back after our summer break we welcome Robert Pavlis, Master Gardener with over 45 years' experience in the art and science of horticulture. He is the author of several books, publishes garden blogs and has a YouTube Channel called Garden Fundamentals. There is more to life than Crocus, Daffodils and Tulips. Robert will share with us dozens of lesser-known spring bulbs that you can add to your garden.

Wednesday, September 4, 2024

Health Club

Date and Time: Wednesday, September 4 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.

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, September 4 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.

Splash Pad

Date and Time: Wednesday, September 4 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Wednesday, September 4 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.

Pooch Plunge

Date and Time: Wednesday, September 4 2:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

The annual Pooch Plunge is a splashing good time for Fido and friends as we end our Waterpark season.

All dogs must have up-to-day vaccinations and proof of vaccination must be presented at the event. Each dog is welcome to bring 2 human guests.

Fee: \$6.20/dog. Register online: [Online Registration Portal](#) , by phone: 519-688-9011 or in person at the Community Centre or Lake Lisgar Waterpark Customer Service Desks.

Blast Class

Date and Time: Wednesday, September 4 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.

Pooch Plunge

Date and Time: Wednesday, September 4 6:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

The annual Pooch Plunge is a splashing good time for Fido and friends as we end our Waterpark season.

All dogs must have up-to-day vaccinations and proof of vaccination must be presented at the event. Each dog is welcome to bring 2 human guests.

Fee: \$6.20/dog. Register online: [Online Registration Portal](#) , by phone: 519-688-9011 or in person at the Community Centre or Lake Lisgar Waterpark Customer Service Desks.

Thursday, September 5, 2024

Health Club

Date and Time: Thursday, September 5 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.

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, September 5 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, bo

xing and more.

Ages 13+. Drop-ins welcome.

Splash Pad

Date and Time: Thursday, September 5 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Pilates

Date and Time: Thursday, September 5 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.

Friday, September 6, 2024

Health Club

Date and Time: Friday, September 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.

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, September 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.

Splash Pad

Date and Time: Friday, September 6 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Friday, September 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.

Opening of “Small Wonders Art Show and Sale”

Date and Time: Friday, September 6 7:00 pm - 9:00 pm

Address: 30 Tillson Avenue

“Small Wonders Art Show & Sale”

Date: Fri. Sept. 6th to Sun. Oct. 27th, 2024

An exhibit showcasing the artistic talents of members of Oxford Creative Connections Inc.

Exhibition Opening: Friday, September 6th from 7 p.m. to 9 p.m.

Saturday, September 7, 2024

Health Club

Date and Time: Saturday, September 7 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.

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

Wings and Wheels, Tillsonburg Airport

Date and Time: Saturday, September 7 9:00 am - 5:00 pm

Address: Tillsonburg Airport 244411 Airport Rd Tillsonburg, ON N4G 4H5 Canada

Join us for our biggest event of the year! Experience classic cars and aircraft together in one location. Aircraft rides will also be available all day long. Perfect for a day's outing.

Entrance by cash donations.

Splash Pad

Date and Time: Saturday, September 7 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Sunday, September 8, 2024

Health Club

Date and Time: Sunday, September 8 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.

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

Splash Pad

Date and Time: Sunday, September 8 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Monday, September 9, 2024

Health Club

Date and Time: Monday, September 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.

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, September 9 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.

Splash Pad

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

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Monday, September 9 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: Monday, September 9 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, September 10, 2024

Health Club

Date and Time: Tuesday, September 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.

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

Strength and Condition

Date and Time: Tuesday, September 10 7:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class is designed for any level of fitness.

This is a full body workout using interval-style sets and a variety of equipment will target strength and muscle tone. A great option to enhance fat burning potential, improve body composition and confidence.

Stretch and Tone

Date and Time: Tuesday, September 10 8:45 am - 9:45 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class is designed for any level of fitness.

This class emphasizes flexibility and posture while opening and releasing the entire body. The class incorporates yoga, tai chi and pilates-style movements for a full body workout.

Pickleball Drop In

Date and Time: Tuesday, September 10 9:30 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 18+. Drop-in spots are limited. Pre-register for a drop-in at [Online Registration Portal](#). Option to register for the entire session as well. Please wear non-slip shoes and bring your own paddle.

Splash Pad

Date and Time: Tuesday, September 10 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

High Five Training

Date and Time: Tuesday, September 10 5:00 pm - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. The principles of Healthy Child Development (PHCD) training program equips front-line leaders working with those ages 4-12yrs, with the tools to quickly enhance the quality of their programs. The training provides valuable information, resources and techniques to ensure each child's social, emotional, physical and cognitive needs are met. Register: [Online Registration Portal](#)

Blast Class

Date and Time: Tuesday, September 10 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, September 10 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, September 11, 2024

Health Club

Date and Time: Wednesday, September 11 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.

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, September 11 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.

Splash Pad

Date and Time: Wednesday, September 11 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Wednesday, September 11 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.

Pickleball Drop In

Date and Time: Wednesday, September 11 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 18+. Drop-in spots are limited. Pre-register for a drop-in at [Online Registration Portal](#) . Option to register for the entire session as well. Please wear non-slip shoes and bring your own paddle.

Blast Class

Date and Time: Wednesday, September 11 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, September 12, 2024

Health Club

Date and Time: Thursday, September 12 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.

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, September 12 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.

Splash Pad

Date and Time: Thursday, September 12 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Pilates

Date and Time: Thursday, September 12 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.

Pickleball Drop In

Date and Time: Thursday, September 12 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 18+. Drop-in spots are limited. Pre-register for a drop-in at [Online Registration Portal](#) . Option to register for the entire session as well. Please wear non-slip shoes and bring your own paddle.

Friday, September 13, 2024

Health Club

Date and Time: Friday, September 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.

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, September 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.

Splash Pad

Date and Time: Friday, September 13 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Friday, September 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.

Saturday, September 14, 2024

Health Club

Date and Time: Saturday, September 14 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.

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

Splash Pad

Date and Time: Saturday, September 14 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Sunday, September 15, 2024

Health Club

Date and Time: Sunday, September 15 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.

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

Splash Pad

Date and Time: Sunday, September 15 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Monday, September 16, 2024

Health Club

Date and Time: Monday, September 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.

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, September 16 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.

Splash Pad

Date and Time: Monday, September 16 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Monday, September 16 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.

Badminton Drop In

Date and Time: Monday, September 16 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, September 16 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, September 17, 2024

Health Club

Date and Time: Tuesday, September 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.

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

Pickleball Drop In

Date and Time: Tuesday, September 17 9:30 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 18+. Drop-in spots are limited. Pre-register for a drop-in at [Online Registration Portal](#) . Option to register for the entire session as well. Please wear non-slip shoes and bring your own paddle.

Splash Pad

Date and Time: Tuesday, September 17 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Blast Class

Date and Time: Tuesday, September 17 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, September 17 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, September 18, 2024

Health Club

Date and Time: Wednesday, September 18 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.

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, September 18 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.

Splash Pad

Date and Time: Wednesday, September 18 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Wednesday, September 18 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.

Pickleball Drop In

Date and Time: Wednesday, September 18 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 18+. Drop-in spots are limited. Pre-register for a drop-in at [Online Registration Portal](#) . Option to register for the entire session as well. Please wear non-slip shoes and bring your own paddle.

Friendship Tea and Craft

Date and Time: Wednesday, September 18 1:30 pm

Address: 30 Tillson Avenue

Friendship Tea and Craft

Date: Wednesday September 18th, 2024

Time: 1:30 p.m.

Cost: \$ 30.00 (taxes included)

Celebrate your friendships at the museum with a fall inspired tea and candle holder craft to share with your friends! **Preregistration is required.**

Blast Class

Date and Time: Wednesday, September 18 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.

Health Club

Date and Time: Thursday, September 19 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.

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, September 19 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.

Splash Pad

Date and Time: Thursday, September 19 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Pilates

Date and Time: Thursday, September 19 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.

Pickleball Drop In

Date and Time: Thursday, September 19 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 18+. Drop-in spots are limited. Pre-register for a drop-in at [Online Registration Portal](#) . Option to register for the entire session as well. Please wear non-slip shoes and bring your own paddle.

Friday, September 20, 2024

Health Club

Date and Time: Friday, September 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.

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, September 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 aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Splash Pad

Date and Time: Friday, September 20 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Friday, September 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

ng and relaxation techniques to reduce muscle tension and stress.

Saturday, September 21, 2024

Health Club

Date and Time: Saturday, September 21 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.

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

Community Paint Recycle Day

Date and Time: Saturday, September 21 8:00 am - 12:00 pm

Address: 183 Tillson Ave

Community Paint Recycle Day

Bring in your used or old paint and we will recycle it for you.

Enjoy a Hot Dog/ Hamburger BBQ

Enter a draw for some great prizes

Donate/ Collecting items to the Helping Hands Food Bank

Splash Pad

Date and Time: Saturday, September 21 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Sunday, September 22, 2024

Health Club

Date and Time: Sunday, September 22 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.

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

Splash Pad

Date and Time: Sunday, September 22 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Monday, September 23, 2024

Health Club

Date and Time: Monday, September 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.

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, September 23 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.

Splash Pad

Date and Time: Monday, September 23 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Monday, September 23 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.

Badminton Drop In

Date and Time: Monday, September 23 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, September 23 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, September 24, 2024

Health Club

Date and Time: Tuesday, September 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.

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

Strength and Condition

Date and Time: Tuesday, September 24 7:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class is designed for any level of fitness.

This a full body workout using interval-style sets and a variety of equipment will target strength and muscle tone. A great option to enhance fat burning potential, improve body composition and confidence.

Stretch and Tone

Date and Time: Tuesday, September 24 8:45 am - 9:45 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class is designed for any level of fitness.

This class emphasizes flexibility and posture while opening and releasing the entire body. The class incorporates yoga, tai chi and pilates-style movements for a full body workout.

Pickleball Drop In

Date and Time: Tuesday, September 24 9:30 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 18+. Drop-in spots are limited. Pre-register for a drop-in at [Online Registration Portal](#) . Option to register for the entire session as well. Please wear non-slip shoes and bring your own paddle.

Splash Pad

Date and Time: Tuesday, September 24 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Blast Class

Date and Time: Tuesday, September 24 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

de you with an effective fitness class in just 30 minutes.

Evening Yoga

Date and Time: Tuesday, September 24 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, September 25, 2024

Health Club

Date and Time: Wednesday, September 25 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.

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, September 25 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.

Splash Pad

Date and Time: Wednesday, September 25 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Wednesday, September 25 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.

"No Sew Fabric Pumpkins" Workshop

Date and Time: Wednesday, September 25 1:30 pm

Address: 30 Tillson Avenue

"No Sew Fabric Pumpkins" Workshop

Come and celebrate the autumnal season and create 3 no-sew fabric pumpkins to decoration you home in celebration of fall! **All materials and supplies are provided. Preregistration is required.**

Date: September 25th, 2024

Times: 1:30 p.m. or 6:30 p.m.

Cost: \$30.00 (Taxes Included)

Blast Class

Date and Time: Wednesday, September 25 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.

"No Sew Fabric Pumpkins" Workshop

Date and Time: Wednesday, September 25 6:30 pm

Address: 30 Tillson Avenue

"No Sew Fabric Pumpkins" Workshop

Come and celebrate the autumnal season and create 3 no-sew fabric pumpkins to decoration you home in celebration of fall! **All materials and supplies are provided. Preregistration is required.**

Date: September 25th, 2024

Times: 1:30 p.m. or 6:30 p.m.

Cost: \$30.00 (Taxes Included)

Thursday, September 26, 2024

Health Club

Date and Time: Thursday, September 26 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.

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, September 26 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.

Splash Pad

Date and Time: Thursday, September 26 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Pilates

Date and Time: Thursday, September 26 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.

Friday, September 27, 2024

Health Club

Date and Time: Friday, September 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.

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, September 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 exercises, muscular conditioning exercises and ends with a relaxing stretch.

Splash Pad

Date and Time: Friday, September 27 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Friday, September 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 breathing and relaxation techniques to reduce muscle tension and stress.

Friday Fun Night (4-7yrs)

Date and Time: Friday, September 27 5:30 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 4-7yrs. Kick the weekend off with new friends, yummy food and fun games. Participants are asked to bring a water bottle & inform staff of any allergies. Register: [Online Registration Portal](#)

Themes:

September 27 - Flower Craft

November 15 - Movie Night

Saturday, September 28, 2024

Health Club

Date and Time: Saturday, September 28 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.

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

Splash Pad

Date and Time: Saturday, September 28 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Sunday, September 29, 2024

Health Club

Date and Time: Sunday, September 29 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.

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

Splash Pad

Date and Time: Sunday, September 29 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Monday, September 30, 2024

Health Club

Date and Time: Monday, September 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.

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, September 30 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.

Splash Pad

Date and Time: Monday, September 30 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Monday, September 30 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.

Badminton Drop In

Date and Time: Monday, September 30 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, September 30 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.

<https://events.tillsonburg.ca>