

## **Tuesday, October 1, 2024**

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### **Health Club**

Date and Time: Tuesday, October 1 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, October 1 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, October 1 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.

### **Public Skate**

Date and Time: Tuesday, October 1 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 - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

## **Blast Class**

Date and Time: Tuesday, October 1 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, October 1 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, October 2, 2024**

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### **Health Club**

Date and Time: Wednesday, October 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.

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, October 2 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, October 2 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, October 2 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, October 2 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, October 3, 2024

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### Health Club

Date and Time: Thursday, October 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.

### 20/20/20 Fitness Class

Date and Time: Thursday, October 3 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, October 3 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 - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

## Pilates

Date and Time: Thursday, October 3 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, October 3 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, October 4, 2024

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### Health Club

Date and Time: Friday, October 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: Friday, October 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 aerobic exercises, muscular conditioning exercises and ends with a relaxing stretch.

## **Morning Yoga**

Date and Time: Friday, October 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.

## **Public Skate**

Date and Time: Friday, October 4 3:30 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 - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

## **Saturday, October 5, 2024**

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### **Health Club**

Date and Time: Saturday, October 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.

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

## Open House and Fly Day, Tillsonburg Airport

Date and Time: Saturday, October 5 9:00 am - 4:00 pm

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

The Harvard Association hosts a handful of *Open House and Fly Days* each season and we welcome everyone to join us! These FREE family-friendly outdoor events offer aviation enthusiasts the opportunity to see our fleet up close, tour our hangars, explore our restoration projects, purchase souvenirs, and best of all, go for a flight! (additional cost for flights). Come hang out with us. As we like to say, 'Come for the planes....Stay for the people'.

## Sunday, October 6, 2024

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### Health Club

Date and Time: Sunday, October 6 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.

### Public Skate

Date and Time: Sunday, October 6 1:15 pm - 2:45 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 - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

# Monday, October 7, 2024

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## Health Club

Date and Time: Monday, October 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.

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, October 7 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, October 7 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, October 7 4:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a parent and tot skate. 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 - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

## Badminton Drop In

Date and Time: Monday, October 7 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, October 7 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, October 8, 2024**

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### **Health Club**

Date and Time: Tuesday, October 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.

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, October 8 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, October 8 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, October 8 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.

## Public Skate

Date and Time: Tuesday, October 8 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 - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

## Blast Class

Date and Time: Tuesday, October 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.

## Evening Yoga

Date and Time: Tuesday, October 8 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, October 9, 2024

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## Health Club

Date and Time: Wednesday, October 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: Wednesday, October 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.

## Morning Yoga

Date and Time: Wednesday, October 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.

## Pickleball Drop In

Date and Time: Wednesday, October 9 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, October 9 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, October 10, 2024

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### Health Club

Date and Time: Thursday, October 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.

### The Future of Business Summit: Using AI and Digital Marketing for Growth

Date and Time: Thursday, October 10 8:00 am - 12:00 pm

Address: 118 Oxford Street Ingersoll ON N5C 2V5

You're invited to attend Community Futures Oxford's **Business Summit Breakfast and Workshop on October 10, 2024 at Elm Hurst, Ingersoll, from 8 am to noon.**

Join us for an exciting morning of networking, learning, and hands-on training designed to help you **unlock the potential of AI and digital marketing**. Whether you're a business owner, entrepreneur, or marketing professional, this event will provide you with the tools to propel your business into the future.

#### Event Details:

- **Date:** October 10, 2024
- **Time:** 8 am - 12 pm
- **Location:** Elm Hurst, Ingersoll
- **Tickets:** \$50, available on Eventbrite

#### What You'll Experience:

- Insightful sessions on how **AI can revolutionize your marketing strategies** and help your business grow.

- **Live demonstrations** of top AI tools, including ChatGPT.
- Interactive workshops that offer **hands-on experience** with the latest in AI technology.
- Actionable tips and insights to **future-proof your business** and stay ahead of digital marketing trends.

**Meet Our Expert:** Emily Baillie, a leading digital marketing and AI trainer with over 15 years of experience, will guide you through this exclusive workshop. She has worked with top organizations across Canada, such as R eMax, United Way, and more.

**Who Should Attend?** This workshop is perfect for businesses, non-profits, entrepreneurs, or anyone looking to level up their digital marketing strategy through AI—no prior AI experience required!

### **What You'll Take Away:**

- A deep understanding of how AI can be applied to marketing.
- Practical tools and strategies to integrate AI into your business.
- Confidence in using AI and evaluating related services.

**Bring your laptop or tablet** for hands-on activities.

Don't miss this opportunity to stay ahead of the curve. **Tickets are limited**, so secure your spot today on [Eventbrite Tickets!](#)

## **20/20/20 Fitness Class**

Date and Time: Thursday, October 10 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, October 10 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 - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

## Pilates

Date and Time: Thursday, October 10 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.

## “Thanksgiving Luncheon”

Date and Time: Thursday, October 10 12:00 pm - 2:00 pm

Address: 30 Tillson Avenue

“Thanksgiving Luncheon”

Come and celebrate all we have to be thankful for with a thanksgiving inspired meal and a talk on the history of Thanksgiving! Preregistration is required.

**Date:** Thursday, October 10<sup>th</sup>, 2024

**Time:** 12:00 p.m. to 2:00 p.m.

**Cost:** \$35.75 (taxes included)

## Pickleball Drop In

Date and Time: Thursday, October 10 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, October 11, 2024

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Date and Time: Friday, October 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.

## PA Day Camp

Date and Time: Friday, October 11 7:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 5-12yrs.

This day camp is both safe and fun. Activities include indoor and outdoor games and skating. Participants will also have an option to purchase a pizza lunch. Note: skating is optional, other activities will be offered for those not skating. Pre-registration required: [Online Registration Portal](#)

## Morning Fitness

Date and Time: Friday, October 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 aerobics, muscular conditioning exercises and ends with a relaxing stretch.

## Morning Yoga

Date and Time: Friday, October 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.

## Public Skate

Date and Time: Friday, October 11 3:30 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

or those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

## **Saturday, October 12, 2024**

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### **Health Club**

Date and Time: Saturday, October 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.

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

## **Sunday, October 13, 2024**

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### **Health Club**

Date and Time: Sunday, October 13 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.

### **Public Skate**

Date and Time: Sunday, October 13 1:15 pm - 2:45 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 - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

# Monday, October 14, 2024

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## Community Centre CLOSED

Date and Time: Monday, October 14 12:00 am - 11:55 pm

Address: 45 Hardy Avenue Tillsonburg

Closed for Holiday.

# Tuesday, October 15, 2024

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## Health Club

Date and Time: Tuesday, October 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.

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, October 15 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, October 15 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, October 15 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.

## Public Skate

Date and Time: Tuesday, October 15 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 - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

## Blast Class

Date and Time: Tuesday, October 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.

## Evening Yoga

Date and Time: Tuesday, October 15 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, October 16, 2024

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## Health Club

Date and Time: Wednesday, October 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: Wednesday, October 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.

## Morning Yoga

Date and Time: Wednesday, October 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.

## “Flowers and Leaves Printing on Fabric with Stella Jurgen”

Date and Time: Wednesday, October 16 1:30 pm - 3:30 pm

Address: 30 Tillson Avenue

**“Flowers and Leaves Printing on Fabric with Stella Jurgen”**

Join local artist Stella Jurgen to learn how to make printed fabric using flowers and leaves. **All materials and supplies are provided. Preregistration is required.**

**Date:** October 16<sup>th</sup>, 2024

**Time:** 1:30 p.m. to 3:30 p.m.

**Cost:** \$30.00 (Taxes included)

## **Blast Class**

**Date and Time:** Wednesday, October 16 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, October 17, 2024**

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### **Health Club**

**Date and Time:** Thursday, October 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.

### **20/20/20 Fitness Class**

**Date and Time:** Thursday, October 17 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, boxing and more.

Ages 13+. Drop-ins welcome.

### **Public Skate**

**Date and Time:** Thursday, October 17 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 - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

## Pilates

Date and Time: Thursday, October 17 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, October 17 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, October 18, 2024

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### Health Club

Date and Time: Friday, October 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: Friday, October 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 aerobic s, muscular conditioning exercises and ends with a relaxing stretch.

## **Morning Yoga**

Date and Time: Friday, October 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.

## **Public Skate**

Date and Time: Friday, October 18 3:30 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 - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

## **Saturday, October 19, 2024**

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### **Health Club**

Date and Time: Saturday, October 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.

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

### **CHAA Monthly Member's Meeting – Welcome Centre**

Date and Time: Saturday, October 19 10:00 am - 12:00 pm

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

Members and non-members are welcome to join us on the third Saturday of each month for our members' meeting. It's a great opportunity to connect with fellow members, meet new people, share ideas and shape the future of our organization. Your participation and voice is valued, so let's come together to make a difference and create an impact!

## Sunday, October 20, 2024

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### Health Club

Date and Time: Sunday, October 20 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.

### Book Launch: "Pursuing Play: Women's Leisure in Small-Town Ontario, 1870–1914"

Date and Time: Sunday, October 20 1:00 pm - 3:00 pm

Address: 30 Tillson Avenue

Join Rebecca Beusaert for the Tillsonburg launch of *Pursuing Play: Women's Leisure in Small-Town Ontario, 1870–1914* (University of Manitoba Press) featuring a reading, book signing, and refreshments. The launch will be hosted at Annandale National Historic Site on Sunday, October 20, 1–3pm.

Life in the Canadian countryside at the turn of the twentieth century is often generalized as insular, backwards, and arduous. These assumptions are redressed in Rebecca Beusaert's *Pursuing Play*, which highlights the complexity of small-town culture through a lively examination of women's efforts to negotiate space for themselves and their leisure pursuits. Amply illustrated, *Pursuing Play* draws on diaries, letters, and newspapers to investigate women's recreational activities—including sports, "armchair travelling," gambling, and Spinster Conventions—in Dresden, Tillsonburg, and Elora between 1870–1914.

**Rebecca Beusaert** is an adjunct professor in the Department of History, University of Guelph, and co-founder and co-director of the "What Canada Ate" website. She was also Annandale House's summer research assistant from 2003–2006.

### Public Skate

Date and Time: Sunday, October 20 1:15 pm - 2:45 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 - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

## **Monday, October 21, 2024**

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### **Health Club**

Date and Time: Monday, October 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.

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, October 21 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, October 21 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, October 21 4:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a parent and tot skate. 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 - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

## Badminton Drop In

Date and Time: Monday, October 21 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, October 21 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, October 22, 2024

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### Health Club

Date and Time: Tuesday, October 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.

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, October 22 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, October 22 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, October 22 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.

## Public Skate

Date and Time: Tuesday, October 22 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 - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

## Blast Class

Date and Time: Tuesday, October 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.

## Evening Yoga

Date and Time: Tuesday, October 22 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, October 23, 2024

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### Health Club

Date and Time: Wednesday, October 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: Wednesday, October 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 aerobics, muscular conditioning exercises and ends with a relaxing stretch.

### Morning Yoga

Date and Time: Wednesday, October 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.

### Pickleball Drop In

Date and Time: Wednesday, October 23 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, October 23 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, October 24, 2024**

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### **Health Club**

Date and Time: Thursday, October 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.

### **20/20/20 Fitness Class**

Date and Time: Thursday, October 24 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, October 24 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

or those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

## Pilates

Date and Time: Thursday, October 24 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.

## “Tillsonburg Mausoleum Walking Tour”

Date and Time: Thursday, October 24 1:00 pm - 3:00 pm

Address: 30 Tillson Avenue

*“Tillsonburg Mausoleum Walking Tour”*

Come join the walk as we learn the stories of the Tillsonburg’s residents who are now resting in Mausoleum.

**Date:** Thursday, October 24<sup>st</sup>, 2024 or Saturday, October 26<sup>th</sup>, 2024

**Time:** 1pm

**Cost:** By Donation

**Location:** Tillsonburg Cemetery (193 Simcoe St)

## Pickleball Drop In

Date and Time: Thursday, October 24 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, October 25, 2024

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## Health Club

Date and Time: Friday, October 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: Friday, October 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.

## Morning Yoga

Date and Time: Friday, October 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.

## Public Skate

Date and Time: Friday, October 25 3:30 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 - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

## Friday Fun Night (8-12yrs)

Date and Time: Friday, October 25 6:00 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 8-12yrs. 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:

October 25 - Spooky Craft

December 13 - Feeling Festive

## Saturday, October 26, 2024

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### Health Club

Date and Time: Saturday, October 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.

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

### Kidproof Babysitting Course

Date and Time: Saturday, October 26 9:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 11-14yrs. This 8-hr program teaches youth how to find a babysitting job, care for kids of all ages and make safe choices when trusted with the care of children. Covers basic emergency First Aid. Register: [Online Registration Portal](#)

### “Tillsonburg Mausoleum Walking Tour”

Date and Time: Saturday, October 26 1:00 pm - 3:00 pm

Address: 30 Tillson Avenue

*“Tillsonburg Mausoleum Walking Tour”*

Come join the walk as we learn the stories of the Tillsonburg's residents who are now resting in Mausoleum.

**Date:** Thursday, October 24<sup>st</sup>, 2024 or Saturday, October 26<sup>th</sup>, 2024

**Time:** 1pm

**Cost:** By Donation

**Location:** Tillsonburg Cemetery (193 Simcoe St)

## **Sunday, October 27, 2024**

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### **Health Club**

Date and Time: Sunday, October 27 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.

### **Public Skate**

Date and Time: Sunday, October 27 1:15 pm - 2:45 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 - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

## **Monday, October 28, 2024**

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### **Health Club**

Date and Time: Monday, October 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.

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, October 28 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: Monday, October 28 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, October 28 4:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a parent and tot skate. 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 - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

## **Badminton Drop In**

Date and Time: Monday, October 28 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, October 28 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, October 29, 2024**

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### **Health Club**

Date and Time: Tuesday, October 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.

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, October 29 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, October 29 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, October 29 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.

## Public Skate

Date and Time: Tuesday, October 29 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 - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

## Blast Class

Date and Time: Tuesday, October 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.

## Evening Yoga

Date and Time: Tuesday, October 29 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.

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## Wednesday, October 30, 2024

## Health Club

Date and Time: Wednesday, October 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: Wednesday, October 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.

## Morning Yoga

Date and Time: Wednesday, October 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.

## Pickleball Drop In

Date and Time: Wednesday, October 30 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, October 30 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, October 31, 2024

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## Health Club

Date and Time: Thursday, October 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.

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, October 31 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, October 31 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 - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

## Pilates

Date and Time: Thursday, October 31 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, October 31 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.

## “Trick or Treat at Annandale NHS”

Date and Time: Thursday, October 31 4:00 pm - 7:00 pm

Address: 30 Tillson Avenue

“Trick or Treat at Annandale NHS”

Wear your favourite costume and come and trick or treat in each of the rooms at the first floor of the Museum.

**Date:** October 31<sup>st</sup>, 2024

**Time:** 4:00 p.m. to 7:00 p.m.

**Cost:** By Donation

<https://events.tillsonburg.ca>