

Sunday, December 1, 2024

Health Club

Date and Time: Sunday, December 1 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, December 1 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, December 2, 2024

Health Club

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

Morning Yoga

Date and Time: Monday, December 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.

Parent and Tot Skate

Date and Time: Monday, December 2 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

Basketball Drop In

Date and Time: Monday, December 2 6:00 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 18+. Have fun shooting around the ball or enjoy a game of scrimmage. All skill levels are welcome and play format will depend on number of attending participants. Basketballs will be available, but you are welcome to bring your own. Register for the full session or choose single session dates that fit your schedule. Pre-registration required: [Online Registration Portal](#)

Play Location: Glendale High School Community Gym

Blast Class

Date and Time: Monday, December 2 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, December 3, 2024

Health Club

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

Pickleball Drop In

Date and Time: Tuesday, December 3 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, December 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

Blast Class

Date and Time: Tuesday, December 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, December 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.

Wednesday, December 4, 2024

Health Club

Date and Time: Wednesday, December 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, December 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 s, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Wednesday, December 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.

Pickleball Drop In

Date and Time: Wednesday, December 4 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, December 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.

Thursday, December 5, 2024

Health Club

Date and Time: Thursday, December 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, December 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, boxing and more.

Ages 13+. Drop-ins welcome.

Public Skate

Date and Time: Thursday, December 5 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, December 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.

Pickleball Drop In

Date and Time: Thursday, December 5 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

er for the entire session as well. Please wear non-slip shoes and bring your own paddle.

Friday, December 6, 2024

Health Club

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

Morning Yoga

Date and Time: Friday, December 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.

Public Skate

Date and Time: Friday, December 6 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, December 7, 2024

Health Club

Date and Time: Saturday, December 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.

Sunday, December 8, 2024

Health Club

Date and Time: Sunday, December 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.

Public Skate

Date and Time: Sunday, December 8 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, December 9, 2024

Health Club

Date and Time: Monday, December 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, December 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 aerobic exercises, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Monday, December 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.

Parent and Tot Skate

Date and Time: Monday, December 9 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

Basketball Drop In

Date and Time: Monday, December 9 6:00 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 18+. Have fun shooting around the ball or enjoy a game of scrimmage. All skill levels are welcome and play format will depend on number of attending participants. Basketballs will be available, but you are welcome to bring your own. Register for the full session or choose single session dates that fit your schedule. Pre-registration required: [Online Registration Portal](#)

Play Location: Glendale High School Community Gym

Blast Class

Date and Time: Monday, December 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, December 10, 2024

Health Club

Date and Time: Tuesday, December 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, December 10 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, December 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, December 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.

Public Skate

Date and Time: Tuesday, December 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

Blast Class

Date and Time: Tuesday, December 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, December 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.

Health Club

Date and Time: Wednesday, December 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, December 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.

Morning Yoga

Date and Time: Wednesday, December 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, December 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, December 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, December 12, 2024

Health Club

Date and Time: Thursday, December 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, December 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.

Public Skate

Date and Time: Thursday, December 12 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, December 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, December 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, December 13, 2024

Health Club

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

Morning Yoga

Date and Time: Friday, December 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.

Public Skate

Date and Time: Friday, December 13 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, December 13 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, December 14, 2024

Health Club

Date and Time: Saturday, December 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.

Kidproof Babysitting Course

Date and Time: Saturday, December 14 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](#)

Sunday, December 15, 2024

Health Club

Date and Time: Sunday, December 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.

Public Skate

Date and Time: Sunday, December 15 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, December 16, 2024

Health Club

Date and Time: Monday, December 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, December 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 s, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Monday, December 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.

Parent and Tot Skate

Date and Time: Monday, December 16 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

Basketball Drop In

Date and Time: Monday, December 16 6:00 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 18+. Have fun shooting around the ball or enjoy a game of scrimmage. All skill levels are welcome and play format will depend on number of attending participants. Basketballs will be available, but you are welcome to bring your own. Register for the full session or choose single session dates that fit your schedule. Pre-registration required: [Online Registration Portal](#)

Play Location: Glendale High School Community Gym

Blast Class

Date and Time: Monday, December 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, December 17, 2024

Health Club

Date and Time: Tuesday, December 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.

Strength and Condition

Date and Time: Tuesday, December 17 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, December 17 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, December 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.

Public Skate

Date and Time: Tuesday, December 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

Blast Class

Date and Time: Tuesday, December 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, December 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, December 18, 2024

Health Club

Date and Time: Wednesday, December 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, December 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: Wednesday, December 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, December 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.

Blast Class

Date and Time: Wednesday, December 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.

Thursday, December 19, 2024

Health Club

Date and Time: Thursday, December 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, December 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.

Public Skate

Date and Time: Thursday, December 19 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, December 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, December 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, December 20, 2024

Health Club

Date and Time: Friday, December 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, December 20 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

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

Morning Yoga

Date and Time: Friday, December 20 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

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

Faux Christmas Trees Tea

Date and Time: Friday, December 20 1:30 pm - 3:30 pm

Address: 30 Tillson Avenue

Faux Christmas Trees Tea

Have a guided tour of the Faux Christmas TreeS exhibit in the Pratt Gallery and Annandale House decorated for the season, followed by tea and Christmas goodies.

Date: Friday, December 20th, 2024

Time: 1:30 p.m.

Cost: \$ 24.00 (taxes included)

Public Skate

Date and Time: Friday, December 20 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, December 21, 2024

Health Club

Date and Time: Saturday, December 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.

CHAA Monthly Member's Meeting – Welcome Centre

Date and Time: Saturday, December 21 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' meet

ing. 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, December 22, 2024

Health Club

Date and Time: Sunday, December 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.

Monday, December 23, 2024

Health Club

Date and Time: Monday, December 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.

Holiday Skate

Date and Time: Monday, December 23 9:00 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

All ages. Please bring your own skates. Helmets are recommended. Those on the ice must be wearing skates. Strollers, sticks & play equipment are not permitted.

Skate aids are available to those in need (limited supply).

Fees: Family \$12.70 (max 5 people), Adults 15+: \$5.20, Children 2-14: \$2.70. Those under 2yrs skate for free.

Holiday Skate

Date and Time: Monday, December 23 1:00 pm - 2:30 pm

Address: 45 Hardy Avenue Tillsonburg

All ages. Please bring your own skates. Helmets are recommended. Those on the ice must be wearing skates. Strollers, sticks & play equipment are not permitted.

Skate aids are available to those in need (limited supply).

Fees: Family \$12.70 (max 5 people), Adults 15+: \$5.20, Children 2-14: \$2.70. Those under 2yrs skate for free.

Tuesday, December 24, 2024

Health Club

Date and Time: Tuesday, December 24 5:30 am - 11:30 am

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.

Holiday Skate

Date and Time: Tuesday, December 24 9:00 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

All ages. Please bring your own skates. Helmets are recommended. Those on the ice must be wearing skates. Strollers, sticks & play equipment are not permitted.

Skate aids are available to those in need (limited supply).

Fees: Family \$12.70 (max 5 people), Adults 15+: \$5.20, Children 2-14: \$2.70. Those under 2yrs skate for free.

Community Centre CLOSED

Date and Time: Tuesday, December 24 12:00 pm - 11:55 pm

Address: 45 Hardy Avenue Tillsonburg

Closed for Holiday.

Wednesday, December 25, 2024

Community Centre CLOSED

Date and Time: Wednesday, December 25 12:00 am - 11:55 pm

Address: 45 Hardy Avenue Tillsonburg

Closed for Holiday.

Thursday, December 26, 2024

Community Centre CLOSED

Date and Time: Thursday, December 26 12:00 am - 11:55 pm

Address: 45 Hardy Avenue Tillsonburg

Closed for Holiday.

Friday, December 27, 2024

Health Club

Date and Time: Friday, December 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.

Holiday Skate

Date and Time: Friday, December 27 9:00 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

All ages. Please bring your own skates. Helmets are recommended. Those on the ice must be wearing skates.

Strollers, sticks & play equipment are not permitted.

Skate aids are available to those in need (limited supply).

Fees: Family \$12.70 (max 5 people), Adults 15+: \$5.20, Children 2-14: \$2.70. Those under 2yrs skate for free.

Holiday Skate

Date and Time: Friday, December 27 1:00 pm - 2:30 pm

Address: 45 Hardy Avenue Tillsonburg

All ages. Please bring your own skates. Helmets are recommended. Those on the ice must be wearing skates. Strollers, sticks & play equipment are not permitted.

Skate aids are available to those in need (limited supply).

Fees: Family \$12.70 (max 5 people), Adults 15+: \$5.20, Children 2-14: \$2.70. Those under 2yrs skate for free.

Saturday, December 28, 2024

Health Club

Date and Time: Saturday, December 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.

Holiday Skate

Date and Time: Saturday, December 28 9:00 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

All ages. Please bring your own skates. Helmets are recommended. Those on the ice must be wearing skates. Strollers, sticks & play equipment are not permitted.

Skate aids are available to those in need (limited supply).

Fees: Family \$12.70 (max 5 people), Adults 15+: \$5.20, Children 2-14: \$2.70. Those under 2yrs skate for free.

Sunday, December 29, 2024

Health Club

Date and Time: Sunday, December 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.

Holiday Skate

Date and Time: Sunday, December 29 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

All ages. Please bring your own skates. Helmets are recommended. Those on the ice must be wearing skates. Strollers, sticks & play equipment are not permitted.

Skate aids are available to those in need (limited supply).

Fees: Family \$12.70 (max 5 people), Adults 15+: \$5.20, Children 2-14: \$2.70. Those under 2yrs skate for free.

Monday, December 30, 2024

Health Club

Date and Time: Monday, December 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.

Winter Break Camp

Date and Time: Monday, December 30 7:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 5-12yrs. Camp days are December 30, January 2 & January 3. Participants register for the all three days as single day options are not available.

This camp is both safe and fun. Activities include indoor and outdoor games, crafts, drama, sports and skating. Participants will also have an option to purchase a pizza lunch for Friday January 3. Note: skating is optional, other activities will be offered for those not skating. Pre-registration required: [Online Registration Portal](#)

Holiday Skate

Date and Time: Monday, December 30 9:00 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

All ages. Please bring your own skates. Helmets are recommended. Those on the ice must be wearing skates. Strollers, sticks & play equipment are not permitted.

Skate aids are available to those in need (limited supply).

Fees: Family \$12.70 (max 5 people), Adults 15+: \$5.20, Children 2-14: \$2.70. Those under 2yrs skate for free.

Tuesday, December 31, 2024

Health Club

Date and Time: Tuesday, December 31 5:30 am - 11:30 am

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.

Holiday Skate

Date and Time: Tuesday, December 31 9:00 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

All ages. Please bring your own skates. Helmets are recommended. Those on the ice must be wearing skates. Strollers, sticks & play equipment are not permitted.

Skate aids are available to those in need (limited supply).

Fees: Family \$12.70 (max 5 people), Adults 15+: \$5.20, Children 2-14: \$2.70. Those under 2yrs skate for free.

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Community Centre CLOSED

Date and Time: Tuesday, December 31 12:00 pm - 11:55 pm

Address: 45 Hardy Avenue Tillsonburg

Closed for Holiday.

<https://events.tillsonburg.ca>