

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 7:30 Health Club
2 9:00 Health Club	3 5:30 Health Club	4 5:30 Health Club	5 5:30 Health Club 8:30 Aqua Fit (Baby and Me Aqua Fit)	6 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skating	7 5:30 Health Club 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:00 Lane Swim 12:00 Leisure Swim 3:30 Public Skating	8 7:30 Health Club 12:00 Community Swim
9 9:00 Health Club	10	11 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skating 11:30 Lane and Leisure Swim	12 5:30 Health Club 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 9:30 Preschool Playtime Swim 10:15 Yoga 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 6:30 Aqua Cycle 7:30 Aqua Jog 8:30 Lane and Leisure Swim (Adult)	13 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skating 11:30 Lane and Leisure Swim	14 5:30 Health Club 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:00 Lane Swim 12:00 Leisure Swim 3:30 Public Skating	15 7:30 Lane and Leisure Swim 7:30 Health Club 9:00 Kidproof Babysitting Course 12:00 Community Swim
16 9:00 Health Club 1:15 Public Skating	17 5:30 Health Club 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga	18 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skating 11:30 Lane and Leisure Swim 6:30 Full Body Blast	19 5:30 Health Club 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga	20 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skating 11:30 Lane and Leisure Swim 1:00 Parkinson's	21 5:30 Health Club 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga	22 7:30 Health Club 7:30 Lane and Leisure Swim 12:00 Community Swim

	11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 5:45 Full Body Blast 6:30 Yoga Blast 6:30 Aqua Cycle 7:30 Aqua Jog 8:30 Lane and Leisure Swim		11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 6:30 Full Body Blast 6:30 Aqua Cycle 7:30 Aqua Jog 8:30 Lane and Leisure Swim	Disease Support Group- Parkinson Society Southwestern Ontario.	11:00 Lane Swim 12:00 Leisure Swim 6:00 Friday Night Hangout (Age 13-15 yrs)	
23 9:00 Health Club	24 5:30 Health Club 6:00 Lane and Leisure Swim 7:00 PA Day Camp 7:30 Aqua Cycle 8:00 Oatmeal Breakfast at the Museum 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 5:45 Full Body Blast 6:30 Yoga Blast 6:30 Aqua Cycle 7:30 Aqua Jog 8:30 Lane and Leisure Swim	25 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skating 11:30 Lane and Leisure Swim 6:30 Full Body Blast	26 5:30 Health Club 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 6:30 Full Body Blast 6:30 Aqua Cycle 7:00 Auditions at Theatre Tillsonburg for Norm Foster's "Halfway There" 7:30 Aqua Jog 8:30 Lane and Leisure Swim	27 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skating 11:30 Lane and Leisure Swim	28 5:30 Health Club 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:00 Lane Swim 12:00 Leisure Swim 3:30 Public Skating	29 7:30 Lane and Leisure Swim 7:30 Health Club 12:00 Community Swim
30 9:00 Health Club 1:15 Public Skating	31 5:30 Health Club 6:00 Lane and Leisure Swim 7:30 Aqua Cycle 8:30 Aqua Fit (Baby and Me Aqua Fit) 9:00 Aerobics 10:15 Yoga 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 5:45 Full Body Blast 6:30 Aqua Cycle 7:30 Aqua Jog 8:30 Lane and Leisure Swim					

