

Saturday, October 1, 2022

Health Club

Date and Time: Saturday, October 1 7:30 am - 5:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Sunday, October 2, 2022

Health Club

Date and Time: Sunday, October 2 9:00 am - 5:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Monday, October 3, 2022

Health Club

Date and Time: Monday, October 3 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Tuesday, October 4, 2022

Health Club

Date and Time: Tuesday, October 4 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Wednesday, October 5, 2022

Health Club

Date and Time: Wednesday, October 5 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, October 5 8:30 am - 9:30 am

Address: 45 Hardy Ave

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Thursday, October 6, 2022

Health Club

Date and Time: Thursday, October 6 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Thursday, October 6 6:00 am - 8:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Jog

Date and Time: Thursday, October 6 8:30 am - 9:30 am

Address: 45 Hardy Ave

This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. For ages 13+ yrs. Drop-ins welcome. Pre-registration is not required.

Public Skating

Date and Time: Thursday, October 6 10:15 am - 11:45 am

Address: 45 Hardy Ave

Join us for a public skate - drop-in only (pre-registration not needed). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Friday, October 7, 2022

Health Club

Date and Time: Friday, October 7 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Aqua Cycle

Date and Time: Friday, October 7 7:30 am - 8:30 am

Address: 45 Hardy Ave

This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15

min for leisure swim cool down , set up/take down. Ages 13+. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com> .

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Friday, October 7 8:30 am - 9:30 am

Address: 45 Hardy Ave

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Friday, October 7 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Yoga

Date and Time: Friday, October 7 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Lane Swim

Date and Time: Friday, October 7 11:00 am - 12:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Six (6) lanes are available to swim lengths.

Drop-ins welcome. Pre-registration is not required.

Leisure Swim

Date and Time: Friday, October 7 12:00 pm - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Entire pool is open for leisure swim to work on your own fitness. (No lanes available during this swim time.)

Drop-ins welcome. Pre-registration is not required.

Public Skating

Date and Time: Friday, October 7 3:30 pm - 5:00 pm

Address: 45 Hardy Ave

Join us for a public skate. Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Saturday, October 8, 2022

Health Club

Date and Time: Saturday, October 8 7:30 am - 5:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Community Swim

Date and Time: Saturday, October 8 12:00 pm - 1:30 pm

Address: 45 Hardy Ave

All ages welcome to join us for a swim. Drop-ins are welcome. Pre-registration is not required. Swim Admissions Standards apply.

Sunday, October 9, 2022

Health Club

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

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Tuesday, October 11, 2022

Health Club

Date and Time: Tuesday, October 11 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Tuesday, October 11 6:00 am - 8:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Jog

Date and Time: Tuesday, October 11 8:30 am - 9:30 am

Address: 45 Hardy Ave

This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. For ages 13+ yrs. Drop-ins welcome. Pre-registration is not required.

Public Skating

Date and Time: Tuesday, October 11 10:15 am - 11:45 am

Address: 45 Hardy Ave

Join us for a public skate - drop-in only (pre-registration not needed). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Lane and Leisure Swim

Date and Time: Tuesday, October 11 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Wednesday, October 12, 2022

Health Club

Date and Time: Wednesday, October 12 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks

- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Wednesday, October 12 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+.

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Cycle

Date and Time: Wednesday, October 12 7:30 am - 8:30 am

Address: 45 Hardy Ave

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite.

Class is 45min with 15min for leisure swim cooldown and set up/take down.

Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, October 12 8:30 am - 9:30 am

Address: 45 Hardy Ave

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Wednesday, October 12 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Preschool Playtime Swim

Date and Time: Wednesday, October 12 9:30 am - 10:30 am

Address: 45 Hardy Ave

For our little swimmers ages 5yrs and under along with their caregiver(s). Toys and special equipment are available to enjoy in the pool. Swim Admission Standards apply. Drop-ins are welcome. Pre-registration is not required.

Yoga

Date and Time: Wednesday, October 12 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Lane and Leisure Swim

Date and Time: Wednesday, October 12 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, October 12 1:00 pm - 2:00 pm

Address: 45 Hardy Ave

For ages 12+ *This invigorating class is done in the shallow water of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout.

Class is 45min with 15min for leisure swim cooldown. *Make it a Baby Me Aqua Fit class. Floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Pre-registration is not required.

Aqua Cycle

Date and Time: Wednesday, October 12 6:30 pm - 7:30 pm

Address: 45 Hardy Ave

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim, cooldown, set up/take down.

Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Jog

Date and Time: Wednesday, October 12 7:30 pm - 8:30 pm

Address: 45 Hardy Ave

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact.

Class is 45min, with 15min leisure cooldown.

Drop-ins welcome. Pre-registration is not required.

Lane and Leisure Swim (Adult)

Date and Time: Wednesday, October 12 8:30 pm - 9:30 pm

Address: 45 Hardy Ave

Ages 13yrs+.

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome.

Pre-registration is not required.

Thursday, October 13, 2022

Health Club

Date and Time: Thursday, October 13 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Thursday, October 13 6:00 am - 8:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Jog

Date and Time: Thursday, October 13 8:30 am - 9:30 am

Address: 45 Hardy Ave

This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. For ages 13+ yrs. Drop-ins welcome. Pre-registration is not required.

Public Skating

Date and Time: Thursday, October 13 10:15 am - 11:45 am

Address: 45 Hardy Ave

Join us for a public skate - drop-in only (pre-registration not needed). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Lane and Leisure Swim

Date and Time: Thursday, October 13 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Friday, October 14, 2022

Health Club

Date and Time: Friday, October 14 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Friday, October 14 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+.

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Cycle

Date and Time: Friday, October 14 7:30 am - 8:30 am

Address: 45 Hardy Ave

This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Y

our body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15 min for leisure swim cool down , set up/take down. Ages 13+. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com> .

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Friday, October 14 8:30 am - 9:30 am

Address: 45 Hardy Ave

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Friday, October 14 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Yoga

Date and Time: Friday, October 14 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Lane Swim

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

Address: 45 Hardy Ave

Ages 13yrs+. Six (6) lanes are available to swim lengths.

Drop-ins welcome. Pre-registration is not required.

Leisure Swim

Date and Time: Friday, October 14 12:00 pm - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Entire pool is open for leisure swim to work on your own fitness. (No lanes available during this swim time.)

Drop-ins welcome. Pre-registration is not required.

Public Skating

Date and Time: Friday, October 14 3:30 pm - 5:00 pm

Address: 45 Hardy Ave

Join us for a public skate. Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Saturday, October 15, 2022

Lane and Leisure Swim

Date and Time: Saturday, October 15 7:30 am - 9:00 am

Address: 45 Hardy Ave

Ages 13yrs+

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome.

Pre-registration is not required.

Health Club

Date and Time: Saturday, October 15 7:30 am - 5:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals

- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Kidproof Babysitting Course

Date and Time: Saturday, October 15 9:00 am - 5:00 pm

Address: 45 Hardy Ave

This program teaches children ages 11-14yrs old how to find a babysitting job, care for children of all ages and make safe choices when trusted with the care of children.

Basic emergency first aid skills are covered.

Community Swim

Date and Time: Saturday, October 15 12:00 pm - 1:30 pm

Address: 45 Hardy Ave

All ages welcome to join us for a swim. Drop-ins are welcome. Pre-registration is not required. Swim Admissions Standards apply.

Sunday, October 16, 2022

Health Club

Date and Time: Sunday, October 16 9:00 am - 5:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Public Skating

Date and Time: Sunday, October 16 1:15 pm - 2:45 pm

Address: 45 Hardy Ave

Join us for a public skate - drop-in only (pre-registration not needed). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Monday, October 17, 2022

Health Club

Date and Time: Monday, October 17 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Monday, October 17 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+.

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Cycle

Date and Time: Monday, October 17 7:30 am - 8:30 am

Address: 45 Hardy Ave

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite.

Class is 45min with 15min for leisure swim cooldown and set up/take down.

Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Monday, October 17 8:30 am - 9:30 am

Address: 45 Hardy Ave

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Monday, October 17 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Yoga

Date and Time: Monday, October 17 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Lane and Leisure Swim

Date and Time: Monday, October 17 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Monday, October 17 1:00 pm - 2:00 pm

Address: 45 Hardy Ave

For ages 12+ *This invigorating class is done in the shallow water of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout.

Class is 45min with 15min for leisure swim cooldown. *Make it a Baby Me Aqua Fit class. Floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Pre-registration is not required.

Full Body Blast

Date and Time: Monday, October 17 5:45 pm - 6:15 pm

Address: 45 Hardy Ave

For ages 13+. Designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Yoga Blast

Date and Time: Monday, October 17 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+.

A quick blast of yoga! A 30min. class following the main fundamentals of yoga practice, while building strength, flexibility and balance.

Aqua Cycle

Date and Time: Monday, October 17 6:30 pm - 7:30 pm

Address: 45 Hardy Ave

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim, cooldown, set up/take down.

Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Jog

Date and Time: Monday, October 17 7:30 pm - 8:30 pm

Address: 45 Hardy Ave

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact.

Class is 45min, with 15min leisure cooldown.

Drop-ins welcome. Pre-registration is not required.

Lane and Leisure Swim

Date and Time: Monday, October 17 8:30 pm - 9:30 pm

Address: 45 Hardy Ave

Ages 13yrs+

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness. Drop-ins welcome. Pre-registration is not required.

Tuesday, October 18, 2022

Health Club

Date and Time: Tuesday, October 18 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Tuesday, October 18 6:00 am - 8:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Jog

Date and Time: Tuesday, October 18 8:30 am - 9:30 am

Address: 45 Hardy Ave

This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. For ages 13+ yrs. Drop-ins welcome. Pre-registration is not required.

Public Skating

Date and Time: Tuesday, October 18 10:15 am - 11:45 am

Address: 45 Hardy Ave

Join us for a public skate - drop-in only (pre-registration not needed). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Lane and Leisure Swim

Date and Time: Tuesday, October 18 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Full Body Blast

Date and Time: Tuesday, October 18 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+

Designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Health Club

Date and Time: Wednesday, October 19 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Wednesday, October 19 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+.

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Cycle

Date and Time: Wednesday, October 19 7:30 am - 8:30 am

Address: 45 Hardy Ave

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite.

Class is 45min with 15min for leisure swim cooldown and set up/take down.

Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, October 19 8:30 am - 9:30 am

Address: 45 Hardy Ave

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Wednesday, October 19 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Yoga

Date and Time: Wednesday, October 19 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Lane and Leisure Swim

Date and Time: Wednesday, October 19 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, October 19 1:00 pm - 2:00 pm

Address: 45 Hardy Ave

For ages 12+ *This invigorating class is done in the shallow water of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout.

Class is 45min with 15min for leisure swim cooldown. *Make it a Baby Me Aqua Fit class. Floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Pre-registration is not required.

Full Body Blast

Date and Time: Wednesday, October 19 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+

Designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Aqua Cycle

Date and Time: Wednesday, October 19 6:30 pm - 7:30 pm

Address: 45 Hardy Ave

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim, cooldown, set up/take down.

Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Jog

Date and Time: Wednesday, October 19 7:30 pm - 8:30 pm

Address: 45 Hardy Ave

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact.

Class is 45min, with 15min leisure cooldown.

Drop-ins welcome. Pre-registration is not required.

Lane and Leisure Swim

Date and Time: Wednesday, October 19 8:30 pm - 9:30 pm

Address: 45 Hardy Ave

Ages 13yrs+

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness. Drop-ins welcome. Pre-registration is not required.

Thursday, October 20, 2022

Health Club

Date and Time: Thursday, October 20 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Thursday, October 20 6:00 am - 8:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Jog

Date and Time: Thursday, October 20 8:30 am - 9:30 am

Address: 45 Hardy Ave

This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which

allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. For ages 13+ yrs. Drop-ins welcome. Pre-registration is not required.

Public Skating

Date and Time: Thursday, October 20 10:15 am - 11:45 am

Address: 45 Hardy Ave

Join us for a public skate - drop-in only (pre-registration not needed). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Lane and Leisure Swim

Date and Time: Thursday, October 20 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Parkinson's Disease Support Group- Parkinson Society Southwestern Ontario.

Date and Time: Thursday, October 20 1:00 pm - 2:30 pm

Address: 183 Rolph Street

Please call 1-888-851-7376 to enroll in our support group so our local facilitators know to expect you.

The group takes place in the Tillsonburg Retirement Residence, but all communications should come through the Parkinson Society Southwestern Ontario.

Parkinson Society Southwestern Ontario offers groups in 24 communities. These groups are led by volunteer facilitators. In some communities there are several support groups to meet diverse needs. People with Parkinson's, carepartners and family members attend support group meetings. Individuals are encouraged to call 1-888-851-7376 before attending their first meeting.

Friday, October 21, 2022

Health Club

Date and Time: Friday, October 21 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Friday, October 21 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+.

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Cycle

Date and Time: Friday, October 21 7:30 am - 8:30 am

Address: 45 Hardy Ave

This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15 min for leisure swim cool down, set up/take down. Ages 13+. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Friday, October 21 8:30 am - 9:30 am

Address: 45 Hardy Ave

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Friday, October 21 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Yoga

Date and Time: Friday, October 21 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Lane Swim

Date and Time: Friday, October 21 11:00 am - 12:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Six (6) lanes are available to swim lengths.

Drop-ins welcome. Pre-registration is not required.

Leisure Swim

Date and Time: Friday, October 21 12:00 pm - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Entire pool is open for leisure swim to work on your own fitness. (No lanes available during this swim time.)

Drop-ins welcome. Pre-registration is not required.

Friday Night Hangout (Age 13-15 yrs)

Date and Time: Friday, October 21 6:00 pm - 8:00 pm

Address: 45 Hardy Ave

October Make n' Shake Party! We will have fun creating our own custom tumbler cup then test our tumblers by

making a tasty beverage. Choose a fruit smoothie, chocolate or vanilla shake. Supplies and instruction provided.

Space is limited. Pre-registration is required: <https://townofillsonburg.perfectmind.com>.

Fee: \$11.90/participant per night.

Saturday, October 22, 2022

Health Club

Date and Time: Saturday, October 22 7:30 am - 5:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Saturday, October 22 7:30 am - 9:00 am

Address: 45 Hardy Ave

Ages 13yrs+

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome.

Pre-registration is not required.

Community Swim

Date and Time: Saturday, October 22 12:00 pm - 1:30 pm

Address: 45 Hardy Ave

All ages welcome to join us for a swim. Drop-ins are welcome. Pre-registration is not required. Swim Admissions Standards apply.

Sunday, October 23, 2022

Health Club

Date and Time: Sunday, October 23 9:00 am - 5:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Monday, October 24, 2022

Health Club

Date and Time: Monday, October 24 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Monday, October 24 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+.

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

PA Day Camp

Date and Time: Monday, October 24 7:00 am - 5:00 pm

Address: 45 Hardy Ave

This day camp program is both safe and fun. Activities include indoor and outdoor games and skating*.

Be sure to pack skates, helmets, snacks and lunch for a jam packed day of activities to keep our campers active and engaged.

For ages 5-12years.

Fee: \$36.40

Spaces are limited. Pre-registration is required: <https://townoftillsonburg.perfectmind.com>

* Skating is optional. Other activities are available during skate time.

Aqua Cycle

Date and Time: Monday, October 24 7:30 am - 8:30 am

Address: 45 Hardy Ave

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite.

Class is 45min with 15min for leisure swim cooldown and set up/take down.

Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Oatmeal Breakfast at the Museum

Date and Time: Monday, October 24 8:00 am - 11:30 am

Address: 30 Tillson Ave.

Come and celebrate National Oatmeal Day at the Museum with an Instant Oatmeal Breakfast! Enjoy a bowl of instant oatmeal in a limited edition Tillsonburg 150 souvenir bowl which is yours to keep. Coffee, tea, juice and toast included.

This event is open to all ages!

Time: 8am to 11am

Cost: \$10 + tax for adults, \$8 + tax for kids (includes souvenir bowl)

Preregistration is required. Sitting on the ½ an hour starting at 8:00 a.m., last sitting 11 a.m. Limited seating per sitting.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Monday, October 24 8:30 am - 9:30 am

Address: 45 Hardy Ave

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Monday, October 24 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Yoga

Date and Time: Monday, October 24 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Lane and Leisure Swim

Date and Time: Monday, October 24 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Monday, October 24 1:00 pm - 2:00 pm

Address: 45 Hardy Ave

For ages 12+ *This invigorating class is done in the shallow water of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout.

Class is 45min with 15min for leisure swim cooldown. *Make it a Baby Me Aqua Fit class. Floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Pre-registration is not required.

Full Body Blast

Date and Time: Monday, October 24 5:45 pm - 6:15 pm

Address: 45 Hardy Ave

For ages 13+. Designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Yoga Blast

Date and Time: Monday, October 24 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+.

A quick blast of yoga! A 30min. class following the main fundamentals of yoga practice, while building strength, flexibility and balance.

Aqua Cycle

Date and Time: Monday, October 24 6:30 pm - 7:30 pm

Address: 45 Hardy Ave

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim, cooldown, set up/take down.

Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Jog

Date and Time: Monday, October 24 7:30 pm - 8:30 pm

Address: 45 Hardy Ave

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact.

Class is 45min, with 15min leisure cooldown.

Drop-ins welcome. Pre-registration is not required.

Lane and Leisure Swim

Date and Time: Monday, October 24 8:30 pm - 9:30 pm

Address: 45 Hardy Ave

Ages 13yrs+

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness. Drop-ins welcome. Pre-registration is not required.

Tuesday, October 25, 2022

Health Club

Date and Time: Tuesday, October 25 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Tuesday, October 25 6:00 am - 8:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Jog

Date and Time: Tuesday, October 25 8:30 am - 9:30 am

Address: 45 Hardy Ave

This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. For ages 13+ yrs. Drop-ins welcome. Pre-registration is not required.

Public Skating

Date and Time: Tuesday, October 25 10:15 am - 11:45 am

Address: 45 Hardy Ave

Join us for a public skate - drop-in only (pre-registration not needed). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Lane and Leisure Swim

Date and Time: Tuesday, October 25 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Full Body Blast

Date and Time: Tuesday, October 25 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+

Designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Wednesday, October 26, 2022

Health Club

Date and Time: Wednesday, October 26 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Wednesday, October 26 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+.

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Cycle

Date and Time: Wednesday, October 26 7:30 am - 8:30 am

Address: 45 Hardy Ave

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite.

Class is 45min with 15min for leisure swim cooldown and set up/take down.

Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, October 26 8:30 am - 9:30 am

Address: 45 Hardy Ave

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Wednesday, October 26 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Yoga

Date and Time: Wednesday, October 26 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Lane and Leisure Swim

Date and Time: Wednesday, October 26 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, October 26 1:00 pm - 2:00 pm

Address: 45 Hardy Ave

For ages 12+ *This invigorating class is done in the shallow water of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout.

Class is 45min with 15min for leisure swim cooldown. *Make it a Baby Me Aqua Fit class. Floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Pre-registration is not required.

Full Body Blast

Date and Time: Wednesday, October 26 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+

Designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Aqua Cycle

Date and Time: Wednesday, October 26 6:30 pm - 7:30 pm

Address: 45 Hardy Ave

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim, cooldown, set up/take down.

Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Auditions at Theatre Tillsonburg for Norm Foster's "Halfway There"

Date and Time: Wednesday, October 26 7:00 pm - 9:00 pm

Address: 144789 Potters Road Tillsonburg

Audition for HALFWAY THERE
by Norm Foster

There's no such thing as a secret in Stewiacke. Not when the gossips meet for coffee every day at the local diner

. Vi, Rita, Mary Ellen, and Janine are all as close as can be, and they know everybody's business. But when Sean, a heartbroken doctor, moves in to take a temporary job at the clinic, he tips the Maritime town that's famous for being halfway between the North Pole and the equator off its axis. This feel good comedy from the most produced playwright in Canada will envelop you in a familiar warm hug that shares the relief of finding your people.
Director: Mark Smith (the original)

Show Dates

Feb 9-12 & 16-19, 2023

Audition Dates

October 24 & 26, 2022 at 7pm

Casting: 4 females: 3 age 40+ & 1 age 30-40

1 male: age 30-40s

For more information email marksmithtcat@gmail.com

Aqua Jog

Date and Time: Wednesday, October 26 7:30 pm - 8:30 pm

Address: 45 Hardy Ave

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact.

Class is 45min, with 15min leisure cooldown.

Drop-ins welcome. Pre-registration is not required.

Lane and Leisure Swim

Date and Time: Wednesday, October 26 8:30 pm - 9:30 pm

Address: 45 Hardy Ave

Ages 13yrs+

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness. Drop-ins welcome. Pre-registration is not required.

Thursday, October 27, 2022

Health Club

Date and Time: Thursday, October 27 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Thursday, October 27 6:00 am - 8:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Jog

Date and Time: Thursday, October 27 8:30 am - 9:30 am

Address: 45 Hardy Ave

This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. For ages 13+ yrs. Drop-ins welcome. Pre-registration is not required.

Public Skating

Date and Time: Thursday, October 27 10:15 am - 11:45 am

Address: 45 Hardy Ave

Join us for a public skate - drop-in only (pre-registration not needed). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Lane and Leisure Swim

Date and Time: Thursday, October 27 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Friday, October 28, 2022

Health Club

Date and Time: Friday, October 28 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Friday, October 28 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+.

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Cycle

Date and Time: Friday, October 28 7:30 am - 8:30 am

Address: 45 Hardy Ave

This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15 min for leisure swim cool down, set up/take down. Ages 13+. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Friday, October 28 8:30 am - 9:30 am

Address: 45 Hardy Ave

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Friday, October 28 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Yoga

Date and Time: Friday, October 28 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Lane Swim

Date and Time: Friday, October 28 11:00 am - 12:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Six (6) lanes are available to swim lengths.

Drop-ins welcome. Pre-registration is not required.

Leisure Swim

Date and Time: Friday, October 28 12:00 pm - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Entire pool is open for leisure swim to work on your own fitness. (No lanes available during this swim time.)

Drop-ins welcome. Pre-registration is not required.

Public Skating

Date and Time: Friday, October 28 3:30 pm - 5:00 pm

Address: 45 Hardy Ave

Join us for a public skate. Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Saturday, October 29, 2022

Lane and Leisure Swim

Date and Time: Saturday, October 29 7:30 am - 9:00 am

Address: 45 Hardy Ave

Ages 13yrs+

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome.

Pre-registration is not required.

Health Club

Date and Time: Saturday, October 29 7:30 am - 5:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Community Swim

Date and Time: Saturday, October 29 12:00 pm - 1:30 pm

Address: 45 Hardy Ave

All ages welcome to join us for a swim. Drop-ins are welcome. Pre-registration is not required. Swim Admissions Standards apply.

Sunday, October 30, 2022

Health Club

Date and Time: Sunday, October 30 9:00 am - 5:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Public Skating

Date and Time: Sunday, October 30 1:15 pm - 2:45 pm

Address: 45 Hardy Ave

Join us for a public skate - drop-in only (pre-registration not needed). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Monday, October 31, 2022

Health Club

Date and Time: Monday, October 31 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open seven days a week and offers a variety of cardio, resistance machines and free weights.

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Monday, October 31 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+.

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Cycle

Date and Time: Monday, October 31 7:30 am - 8:30 am

Address: 45 Hardy Ave

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite.

Class is 45min with 15min for leisure swim cooldown and set up/take down.

Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Monday, October 31 8:30 am - 9:30 am

Address: 45 Hardy Ave

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Monday, October 31 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Yoga

Date and Time: Monday, October 31 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Lane and Leisure Swim

Date and Time: Monday, October 31 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Monday, October 31 1:00 pm - 2:00 pm

Address: 45 Hardy Ave

For ages 12+ *This invigorating class is done in the shallow water of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout.

Class is 45min with 15min for leisure swim cooldown. *Make it a Baby Me Aqua Fit class. Floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Pre-registration is not required.

Full Body Blast

Date and Time: Monday, October 31 5:45 pm - 6:15 pm

Address: 45 Hardy Ave

For ages 13+. Designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Aqua Cycle

Date and Time: Monday, October 31 6:30 pm - 7:30 pm

Address: 45 Hardy Ave

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim, cooldown, set up/take down.

Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Jog

Date and Time: Monday, October 31 7:30 pm - 8:30 pm

Address: 45 Hardy Ave

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact.

Class is 45min, with 15min leisure cooldown.

Drop-ins welcome. Pre-registration is not required.

Lane and Leisure Swim

Date and Time: Monday, October 31 8:30 pm - 9:30 pm

Address: 45 Hardy Ave

Ages 13yrs+

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness. Drop-ins welcome. Pre-registration is not required.