

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skating 11:30 Lane and Leisure Swim 4:00 Tillsonburg Community Centre - Celebrating 50 Years 1972-2022 4:30 FREE Family Skate 6:30 FREE Family Fitness Class 6:30 Full Body Blast 7:30 FREE Family Swim	2 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 Aqua Cycle 6:30 Full Body Blast 7:30 Aqua Jog 8:30 Lane and Leisure Swim	3 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skating 11:30 Lane and Leisure Swim	4 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	5 7:30 Health Club 7:30 Lane and Leisure Swim 12:00 Community Swim
6 9:00 Health Club	7 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 Yoga Blast 6:30 Aqua Cycle 7:30 Aqua Jog 8:30 Lane and Leisure Swim	8 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	9 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 9:00 Aerobics 10:15 Yoga 11:30 Lane and Leisure Swim 1:00 Aqua Fit (Baby and Me Aqua Fit) 6:30 Aqua Cycle 6:30 Full Body Blast 7:30 Aqua Jog 8:30 Lane and Leisure Swim	10 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skating 11:30 Lane and Leisure Swim	11 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	12 7:30 Lane and Leisure Swim 7:30 Health Club 12:00 Community Swim 5:00 Home Alone Course
13 9:00 Health Club 1:15 Public Skating	14 5:30 Health Club 6:00 Lane and Leisure Swim 7:30 Aqua Cycle	15 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog	16 5:30 Health Club 6:00 Lane and Leisure Swim 7:30 Aqua Cycle	17 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog	18 5:30 Health Club 6:00 Lane and Leisure Swim 7:00 PA Day Camp	19 7:30 Lane and Leisure Swim 7:30 Health Club

	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 Aqua Cycle 6:30 Yoga Blast 7:30 Aqua Jog 8:30 Lane and Leisure Swim	10:15 Public Skating 11:30 Lane and Leisure Swim 6:30 Full Body Blast	8:30 Aqua Fit (Baby and Me Aqua Fit) 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 Aqua Cycle 6:30 Full Body Blast 7:30 Aqua Jog 8:30 Lane and Leisure Swim	10:15 Public Skating 11:30 Lane and Leisure Swim 1:00 Parkinson's Disease Support Group- Parkinson Society Southwestern Ontario.	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 7:30 Theatre Tillsonburg presents KNICKERS by Sarah Quick	10:00 "Mistletoe Magic" Christmas Bazaar 12:00 Community Swim 2:00 Tillsonburg Santa Claus Parade 7:30 Theatre Tillsonburg presents KNICKERS by Sarah Quick
20 9:00 Health Club 1:15 Free Public Skate 2:00 Theatre Tillsonburg presents KNICKERS by Sarah Quick	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 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	22 5:30 Health Club 6:00 Lane and Leisure Swim 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	23 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 Aqua Cycle 6:30 Full Body Blast 7:30 Aqua Jog 8:30 Lane and Leisure Swim	24 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skating 11:30 Lane and Leisure Swim 7:30 Theatre Tillsonburg presents KNICKERS by Sarah Quick	25 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 6:00 Friday Night Hangout (8-12 yrs) 7:30 Theatre Tillsonburg presents KNICKERS by Sarah Quick	26 7:30 Lane and Leisure Swim 7:30 Health Club 9:30 Talk Tillsonburg Children Shop for Christmas 12:00 Community Swim 7:30 Theatre Tillsonburg presents KNICKERS by Sarah Quick
27 9:00 Health Club 1:15 Free Public Skate 2:00 Theatre Tillsonburg presents KNICKERS by Sarah Quick	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 11:30 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	29 5:30 Health Club 6:00 Lane and Leisure Swim 8:30 Aqua Jog 10:15 Public Skating 11:30 Lane and Leisure Swim 6:00 Tis the Season: Festive Centrepiece 6:30 Full Body Blast	30 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 Aqua Cycle 6:30 Full Body Blast 7:30 Aqua Jog 8:30 Lane and Leisure Swim			

