

Tuesday, November 1, 2022

Health Club

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

Tillsonburg Community Centre - Celebrating 50 Years 1972-2022

Date and Time: Tuesday, November 1 4:00 pm - 8:30 pm

Address: 45 Hardy Ave

The Tillsonburg Community Centre will be celebrating its 50th anniversary! Join us for treats, giveaways and family fun!

4:00pm - Cake Cutting & Speeches

4:30pm - 5:30pm - Free Family Skate

6:30pm - 7:00pm - Free Family Fitness Class

7:30pm - 8:30pm - Free Family Swim

FREE Family Skate

Date and Time: Tuesday, November 1 4:30 pm - 5:30 pm

Address: 45 Hardy Avenue

The Tillsonburg Community Centre is celebrating its 50th birthday with a free skate. Please join us. Registration is not required.

FREE Family Fitness Class

Date and Time: Tuesday, November 1 6:30 pm - 7:00 pm

Address: 45 Hardy Avenue

The Tillsonburg Community Centre is celebrating its 50th birthday. Join us for a free family fitness class.

Full Body Blast

Date and Time: Tuesday, November 1 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.

FREE Family Swim

Date and Time: Tuesday, November 1 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue

The Tillsonburg Community Centre is celebrating its 50th birthday. Please join us for a free swim.

Wednesday, November 2, 2022

Health Club

Date and Time: Wednesday, November 2 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, November 2 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, November 2 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, November 2 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, November 2 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, November 2 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, November 2 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, November 2 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, November 2 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>.

Full Body Blast

Date and Time: Wednesday, November 2 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 Jog

Date and Time: Wednesday, November 2 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, November 2 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, November 3, 2022

Health Club

Date and Time: Thursday, November 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

Lane and Leisure Swim

Date and Time: Thursday, November 3 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, November 3 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, November 3 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, November 3 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, November 4, 2022

Health Club

Date and Time: Friday, November 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

Lane and Leisure Swim

Date and Time: Friday, November 4 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, November 4 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, November 4 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

e the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Friday, November 4 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, November 4 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, November 4 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, November 4 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.

Saturday, November 5, 2022

Health Club

Date and Time: Saturday, November 5 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, November 5 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, November 5 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, November 6, 2022

Health Club

Date and Time: Sunday, November 6 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, November 7, 2022

Health Club

Date and Time: Monday, November 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

Lane and Leisure Swim

Date and Time: Monday, November 7 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, November 7 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, November 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: Monday, November 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: Monday, November 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 and Leisure Swim

Date and Time: Monday, November 7 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, November 7 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, November 7 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, November 7 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, November 7 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, November 7 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, November 7 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, November 8, 2022

Health Club

Date and Time: Tuesday, November 8 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, November 8 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, November 8 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, November 8 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, November 8 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, November 8 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, November 9, 2022

Health Club

Date and Time: Wednesday, November 9 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, November 9 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, November 9 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, November 9 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, November 9 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.

Aerobics

Date and Time: Wednesday, November 9 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, November 9 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, November 9 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, November 9 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, November 9 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>.

Full Body Blast

Date and Time: Wednesday, November 9 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 Jog

Date and Time: Wednesday, November 9 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, November 9 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, November 10, 2022

Health Club

Date and Time: Thursday, November 10 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, November 10 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, November 10 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, November 10 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, November 10 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, November 11, 2022

Health Club

Date and Time: Friday, November 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: Friday, November 11 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, November 11 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, November 11 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, November 11 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, November 11 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, November 11 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, November 11 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, November 11 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, November 12, 2022

Lane and Leisure Swim

Date and Time: Saturday, November 12 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, November 12 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, November 12 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.

Home Alone Course

Date and Time: Saturday, November 12 5:00 pm - 6:00 pm

Address: 45 Hardy Ave

This course is designed for children ages 7-12yrs old to learn how to stay safe at home alone or with younger siblings. It will provide children with skills to feel confident home alone.

Sunday, November 13, 2022

Health Club

Date and Time: Sunday, November 13 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, November 13 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, November 14, 2022

Health Club

Date and Time: Monday, November 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: Monday, November 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: Monday, November 14 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, November 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: Monday, November 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: Monday, November 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 and Leisure Swim

Date and Time: Monday, November 14 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, November 14 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: Monday, November 14 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>.

Yoga Blast

Date and Time: Monday, November 14 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 Jog

Date and Time: Monday, November 14 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, November 14 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, November 15, 2022

Health Club

Date and Time: Tuesday, November 15 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, November 15 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, November 15 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, November 15 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, November 15 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, November 15 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, November 16, 2022

Health Club

Date and Time: Wednesday, November 16 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, November 16 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, November 16 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, November 16 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.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, November 16 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, November 16 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, November 16 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, November 16 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, November 16 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, November 16 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>.

Full Body Blast

Date and Time: Wednesday, November 16 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 Jog

Date and Time: Wednesday, November 16 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, November 16 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, November 17, 2022

Health Club

Date and Time: Thursday, November 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: Thursday, November 17 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, November 17 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, November 17 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, November 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.

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

Date and Time: Thursday, November 17 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, November 18, 2022

Health Club

Date and Time: Friday, November 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: Friday, November 18 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: Friday, November 18 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: Friday, November 18 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, November 18 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, November 18 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, November 18 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, November 18 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, November 18 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, November 18 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.

Theatre Tillsonburg presents **KNICKERS** by Sarah Quick

Date and Time: Friday, November 18 7:30 pm - 9:30 pm

Address: 144789 Potters Road, Tillsonburg

Show dates

Nov 17-20 & 24-27, 2022

The paper mill that long propped up the economy of Elliston Falls has been shut down, sending the town spiraling into an economic depression. When a chipper but overwhelmed tourism officer arrives to lend a hand, she discovers an unlikely business partnership with the three brassy friends that make up the local chapter of Weight Watchers. Could the ladies' plan for a custom underwear business (complete with giant knickers as a roadside attraction) really be the town's salvation? This hilariously irreverent comedy celebrates determination, entrepreneurial spirit, and the willingness to bare it all.

Saturday, November 19, 2022

Lane and Leisure Swim

Date and Time: Saturday, November 19 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, November 19 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

"Mistletoe Magic" Christmas Bazaar

Date and Time: Saturday, November 19 10:00 am - 2:00 pm

Address: Rolph St. Tillsonburg

Join us for lunch at St. Mary's Cafe (St. Mary's Church and Father Langan Parish Centre, Rolph St. Tillsonburg)
. Adults \$10.00 Children under 10 \$5.00. Coffee and dessert \$5.00.

There will be a 50/50 Draw, Penny Table and an array of Christmas Decor to start your holiday season.

(see attached flyer for more details)

Community Swim

Date and Time: Saturday, November 19 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.

Tillsonburg Santa Claus Parade

Date and Time: Saturday, November 19 2:00 pm - 4:00 pm

Address: 57 Trottier Dr

Santa Claus is coming to Tillsonburg for our Tillsonburg Santa Claus Parade
Saturday November 19th 2022

2 pm

Theatre Tillsonburg presents KNICKERS by Sarah Quick

Date and Time: Saturday, November 19 7:30 pm - 9:30 pm

Address: 144789 Potters Road, Tillsonburg

Show dates

Nov 17-20 & 24-27, 2022

The paper mill that long propped up the economy of Elliston Falls has been shut down, sending the town spiraling into an economic depression. When a chipper but overwhelmed tourism officer arrives to lend a hand, she discovers an unlikely business partnership with the three brassy friends that make up the local chapter of Weight Watchers. Could the ladies' plan for a custom underwear business (complete with giant knickers as a roadside attraction) really be the town's salvation? This hilariously irreverent comedy celebrates determination, entrepreneurial spirit, and the willingness to bare it all.

Sunday, November 20, 2022

Health Club

Date and Time: Sunday, November 20 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

Free Public Skate

Date and Time: Sunday, November 20 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for public skate, generously sponsored by Martinrea International. Pre-registration is strongly recommended. Register online at townoftillsonburg.perfectmind.com or by calling 519-688-9011.

Theatre Tillsonburg presents KNICKERS by Sarah Quick

Date and Time: Sunday, November 20 2:00 pm - 4:00 pm

Address: 144789 Potters Road, Tillsonburg

Show dates

Nov 17-20 & 24-27, 2022

The paper mill that long propped up the economy of Elliston Falls has been shut down, sending the town spiraling into an economic depression. When a chipper but overwhelmed tourism officer arrives to lend a hand, she discovers an unlikely business partnership with the three brassy friends that make up the local chapter of Weight Watchers. Could the ladies' plan for a custom underwear business (complete with giant knickers as a roadside attraction) really be the town's salvation? This hilariously irreverent comedy celebrates determination, entrepreneurial spirit, and the willingness to bare it all.

Monday, November 21, 2022

Health Club

Date and Time: Monday, November 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: Monday, November 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: Monday, November 21 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, November 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: Monday, November 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: Monday, November 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 and Leisure Swim

Date and Time: Monday, November 21 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, November 21 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

e 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, November 21 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, November 21 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, November 21 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, November 21 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, November 21 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, November 22, 2022

Health Club

Date and Time: Tuesday, November 22 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, November 22 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.

Lane and Leisure Swim

Date and Time: Tuesday, November 22 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, November 22 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, November 22 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, November 22 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, November 22 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, November 23 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, November 23 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, November 23 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, November 23 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, November 23 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, November 23 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, November 23 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, November 23 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, November 23 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>.

Full Body Blast

Date and Time: Wednesday, November 23 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 Jog

Date and Time: Wednesday, November 23 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, November 23 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, November 24, 2022

Health Club

Date and Time: Thursday, November 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: Thursday, November 24 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, November 24 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, November 24 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, November 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.

Theatre Tillsonburg presents KNICKERS by Sarah Quick

Date and Time: Thursday, November 24 7:30 pm - 9:30 pm

Address: 144789 Potters Road, Tillsonburg

Show dates

Nov 17-20 & 24-27, 2022

The paper mill that long propped up the economy of Elliston Falls has been shut down, sending the town spiraling into an economic depression. When a chipper but overwhelmed tourism officer arrives to lend a hand, she discovers an unlikely business partnership with the three brassy friends that make up the local chapter of Weight Watchers. Could the ladies' plan for a custom underwear business (complete with giant knickers as a roadside attraction) really be the town's salvation? This hilariously irreverent comedy celebrates determination, entrepreneurial spirit, and the willingness to bare it all.

Friday, November 25, 2022

Health Club

Date and Time: Friday, November 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: Friday, November 25 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, November 25 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, November 25 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, November 25 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, November 25 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, November 25 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, November 25 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, November 25 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.

Friday Night Hangout (8-12 yrs)

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

Address: 45 Hardy Ave

November Art Attack! We will create our own night sky painting.

Participants will take home their artwork to display at home.

Supplies and instruction are provided.

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

Fee: \$11.90/per child

Theatre Tillsonburg presents KNICKERS by Sarah Quick

Date and Time: Friday, November 25 7:30 pm - 9:30 pm

Address: 144789 Potters Road, Tillsonburg

Show dates

Nov 17-20 & 24-27, 2022

The paper mill that long propped up the economy of Elliston Falls has been shut down, sending the town spiraling into an economic depression. When a chipper but overwhelmed tourism officer arrives to lend a hand, she discovers an unlikely business partnership with the three brassy friends that make up the local chapter of Weight Watchers. Could the ladies' plan for a custom underwear business (complete with giant knickers as a roadside attraction) really be the town's salvation? This hilariously irreverent comedy celebrates determination, entrepreneurial spirit, and the willingness to bare it all.

Saturday, November 26, 2022

Lane and Leisure Swim

Date and Time: Saturday, November 26 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, November 26 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

Talk Tillsonburg Children Shop for Christmas

Date and Time: Saturday, November 26 9:30 am - 2:00 pm

Address: 57 Trottier Drive Tillsonburg

Talk Tillsonburg's 7th Children Shop for Christmas

A free event for Children ages 2-12 accompanied with a parent

Children get to pick out a gift for mom and dad , get it wrapped and take it home

Community Swim

Date and Time: Saturday, November 26 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.

Theatre Tillsonburg presents KNICKERS by Sarah Quick

Date and Time: Saturday, November 26 7:30 pm - 9:30 pm

Address: 144789 Potters Road, Tillsonburg

Show dates

Nov 17-20 & 24-27, 2022

The paper mill that long propped up the economy of Elliston Falls has been shut down, sending the town spiraling into an economic depression. When a chipper but overwhelmed tourism officer arrives to lend a hand, she discovers an unlikely business partnership with the three brassy friends that make up the local chapter of Weight Watchers. Could the ladies' plan for a custom underwear business (complete with giant knickers as a roadside at

traction) really be the town's salvation? This hilariously irreverent comedy celebrates determination, entrepreneurial spirit, and the willingness to bare it all.

Sunday, November 27, 2022

Health Club

Date and Time: Sunday, November 27 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

Free Public Skate

Date and Time: Sunday, November 27 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for public skate, generously sponsored by Ostrander's Funeral Home.

Theatre Tillsonburg presents KNICKERS by Sarah Quick

Date and Time: Sunday, November 27 2:00 pm - 4:00 pm

Address: 144789 Potters Road, Tillsonburg

Show dates

Nov 17-20 & 24-27, 2022

The paper mill that long propped up the economy of Elliston Falls has been shut down, sending the town spiraling into an economic depression. When a chipper but overwhelmed tourism officer arrives to lend a hand, she discovers an unlikely business partnership with the three brassy friends that make up the local chapter of Weight Watchers. Could the ladies' plan for a custom underwear business (complete with giant knickers as a roadside attraction) really be the town's salvation? This hilariously irreverent comedy celebrates determination, entrepreneurial spirit, and the willingness to bare it all.

Monday, November 28, 2022

Health Club

Date and Time: Monday, November 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: Monday, November 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: Monday, November 28 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, November 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: Monday, November 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: Monday, November 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 and Leisure Swim

Date and Time: Monday, November 28 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, November 28 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

nce 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, November 28 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, November 28 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, November 28 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, November 28 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, November 28 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, November 29, 2022

Health Club

Date and Time: Tuesday, November 29 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, November 29 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, November 29 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, November 29 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, November 29 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.

Tis the Season: Festive Centrepiece

Date and Time: Tuesday, November 29 6:00 pm - 7:30 pm

Address: 45 Hardy Avenue Tillsonburg

For ages 18+. It's the most wonderful time of the year! Local crafter Hailey (@TheFoiledPlan) is hosting a centrepiece crafting session. Come for an hour and a half and leave with an original festive centrepiece for your holiday parties.

Pre-registration by Nov. 22 is required. (\$40.00 fee includes all materials and supplies.)

Register online: <https://townoftillsonburg.perfectmind.com> or by phone: 519-688-9011.

Full Body Blast

Date and Time: Tuesday, November 29 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, November 30, 2022

Health Club

Date and Time: Wednesday, November 30 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, November 30 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, November 30 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, November 30 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, November 30 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, November 30 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, November 30 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, November 30 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, November 30 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>.

Full Body Blast

Date and Time: Wednesday, November 30 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 Jog

Date and Time: Wednesday, November 30 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

n 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, November 30 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.

<https://events.tillsonburg.ca>