



GYM SCHEDULE – FALL 2025 – October 6, 2025 – December 13, 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym (Girls Only 10-14 years) FREE 7:00pm – 9:00pm	Cardio, Balance & Strength (55+) 12:30pm – 1:30pm *\$3.18 per visit	Badminton (18+) 8:00pm – 9:15pm	Cardio, Balance & Strength (55+) 10:30am-11:30am *\$3.18 per visit	Basketball (13-17 years) 6:00pm – 7:45pm	Open Gym (17 and Under with Adult) FREE 9:30am – 11:00am	
	Chair Fit (55+) 1:30pm – 2:30pm *\$3.18 per visit		Chair Yoga (55+) 11:30am – 12:30pm *\$3.18 per visit	Basketball (18+) 7:45pm – 9:15pm	Open Gym (9-12) 1:15pm – 2:15pm	
	Basketball (13-17 years) 8:00pm – 9:15pm				Badminton (18+) 2:15pm – 3:15pm	

NOTES: Centre will be Closed October 13, 2025 (Thanksgiving)

Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.