



FITNESS CLASSES

MONDAY • Jan 9 - Apr 24

Aerobics	9:00 AM - 10:00 AM
Yoga	10:15 AM - 11:15 AM
Full Body Blast	5:45 PM - 6:15 PM
Yoga Blast	6:30 PM - 7:00 PM

TUESDAY • Jan 10 - Apr 25

Full Body Blast	6:30 PM - 7:00 PM
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WEDNESDAY • Jan 11 - Apr 26

Aerobics	9:00 AM - 10:00 AM
Yoga	10:15 AM - 11:15 AM
Full Body Blast	6:30 PM - 7:00 PM

THURSDAY • Jan 12 - Apr 27

Low Impact Fitness	9:00 AM - 10:00 AM
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FRIDAY • Jan 13 - Apr 28

Aerobics	9:00 AM - 10:00 AM
Yoga	10:15 AM - 11:15 AM



HEALTH CLUB

Mon - Fri: 5:30 AM - 9:00 PM
 Sat: 9:00 AM - 5:00 PM
 Sun: 7:30 AM - 5:00 PM

For more information:
tcchealthclub@tillsonburg.ca
 519.688.3009 ext 4230

SQUASH COURTS

Mon - Fri: 6:00 AM - 8:00 PM
 Sat/Sun: 9:00 AM - 4:00 PM

To book a court:
tcchealthclub@tillsonburg.ca
 519.688.3009 ext 4230

PUBLIC SKATES

Tues: 10:15 AM - 11:45 AM
 Thur: 10:15 AM - 11:45 AM
 Fri: 3:30 PM - 5:00 PM
 Sun: 1:15 PM - 2:45 PM

Starting Jan 9, 2023
 Last skate Mar 31, 2023



AGES:

Health Club/Squash:
 Ages 13+ / 10-12 yrs,
 with adult 18+

Fitness Classes :
 Ages 13+

Public Skate:
 All ages

Tillsonburg
 Community Centre
 45 Hardy Ave
 519.688.9011

events.tillsonburg.ca