

MONDAY SCHEDULE

FACILITY HOURS

 Monday to Friday: 6 am to 10 pm
 Saturday: 7 am to 7 pm
 Sunday: 8 am to 6 pm
 Holidays: 8 am to 4 pm

POOL HOURS

 Monday/Wednesday/Friday:
 6:30 am to 9 pm
 Tuesday/Thursday: 7:15 am to 9 pm
 Saturday/Sunday: 8 am to 4 pm

CHILD MINDING

 0 to 5 years. \$80/20 hours
 Saturday: 9 to 11 am
 Monday/Thursday: 5 to 8 pm
Please book 24 hours in advance
FAMILY PLAY CENTRE

 Monday to Friday: 10 am to 8:30 pm
 Saturday/ Sunday: 10 am to 12 pm

 SI = Sign In (Parents must sign children under 10 in and out)
 SU = Sign Up (My Wellness App or website)
 RP = Registered Program (Register online, additional fee \$)
 DI = Drop In (Anyone over age 10 can attend)

| | Gym 1 | Gym 2 | MPR 1 | MPR 2 | MPR 5 | Other | |
|----------|---|--|--|-------|---|---|--|
| 6:00 AM | | | | | | | |
| 6:30 AM | | | | | | | |
| 7:00 AM | | | | | | | |
| 7:30 AM | | | | | | | |
| 8:00 AM | | | | | | | |
| 8:30 AM | | | | | CycleFit 8-8:45 am (SU) | | |
| 9:00 AM | CircuitFit 9:15-10 am (SU) | | Arts & Crafts 3-5 yrs 9:15-10:45 am (SI) | | | | |
| 9:30 AM | | | | | | | |
| 10:00 AM | | | | | | | |
| 10:30 AM | GentleFit 10:30-11:15 am (SU) | | | | | | |
| 11:00 AM | | | | | | | |
| 11:30 AM | | | | | | | |
| 12:00 PM | | | | | | | |
| 12:30 PM | | | | | CycleFit 12-12:45 pm (SU) | | |
| 01:00 PM | | Homeschool Game On 6-15 yrs 1-2:30 pm (SI) | | | | | |
| 01:30 PM | | | | | | | |
| 02:00 PM | | | | | | | |
| 02:30 PM | | | | | | | |
| 03:00 PM | | | | | | | |
| 03:30 PM | Basketball 3-6 pm (DI) | | | | | | |
| 04:00 PM | | Sports Mix 6-12 yrs 4-5 pm (SI) | | | | | |
| 04:30 PM | | | | | | | |
| 05:00 PM | | Dodgeball 6-12 yrs 5-6 pm (SI) | | | | | |
| 05:30 PM | | | | | | | |
| 06:00 PM | | | | | Barre 5:30-6:15 pm (SU) | | |
| 06:30 PM | Zumba 6:30 -7:15 pm (SU) | Fun & Games 6-12 yrs 6:15-7:30 pm (SI) | Arts & Crafts 6-12 yrs 6:15-7:15 pm (SI) | | BootCamp 6:30 - 7:15 pm (SU) | Preschool Play with Child Minding 3-5 yrs 6:15-7:30 pm | |
| 07:00 PM | | | | | | | |
| 07:30 PM | Volleyball 16+ 7:45-10 pm (DI) | | YOGA 7:30-8:15 pm (SU) | | | | |
| 08:00 PM | | | | | | | |
| 08:30 PM | | | | | | | |
| 09:00 PM | | | | | | | |
| 09:30 PM | | | | | | | |
| 10:00 PM | FACILITY CLOSED | | | | | | |

*Closed for set up 15 minutes prior to all fitness classes

TUESDAY SCHEDULE

Effective April 1, 2024

FACILITY HOURS

Monday to Friday: 6 am to 10 pm
Saturday: 7 am to 7 pm
Sunday: 8 am to 6 pm
Holidays: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday:
6:30 am to 9 pm
Tuesday/Thursday: 7:15 am to 9 pm
Saturday/Sunday: 8 am to 4 pm

CHILD MINDING

0 to 5 years. \$80/20 hours
Saturday: 9 to 11 am
Monday/Thursday: 5 to 8 pm
Please book 24 hours in advance

FAMILY PLAY CENTRE

Monday to Friday: 10 am to 8:30 pm
Saturday/ Sunday: 10 am to 12 pm

SI = Sign In (Parents must sign children under 10 in and out)
SU = Sign Up (My Wellness App or website)
RP = Registered Program (Register online, additional fee \$)
DI = Drop In (Anyone over age 10 can attend)

| | Gym 1 | Gym 2 | MPR 1 | MPR 2 | MPR 5 | Other | |
|----------|---|--|--|-------|--|---|--|
| 6:00 AM | | | | | Cyclefit 6:15-7 am (SU) | | |
| 6:30 AM | | | | | | | |
| 7:00 AM | | | | | | | |
| 7:30 AM | | | | | | | |
| 8:00 AM | CORE 8-8:45 am (SU) | | | | | | |
| 8:30 AM | | | | | | | |
| 9:00 AM | Zumba 9:15-10 am (SU) | | Arts & Crafts 3-5 yrs 9:15-10:45 am (SI) | | | | |
| 9:30 AM | | | | | | | |
| 10:00 AM | | | | | | | |
| 10:30 AM | | | | | | | |
| 11:00 AM | YOGA 11-11:45 am (SU) | | | | | | |
| 11:30 AM | | | | | | | |
| 12:00 PM | | | | | TRX 12-12:45 pm (SU) | | |
| 12:30 PM | | | | | | | |
| 01:00 PM | Pickleball 1-3 pm (DI) | | | | Parkinsons Program 1:30-2:30 (RP) | | |
| 01:30 PM | | | | | | | |
| 02:00 PM | | | | | | | |
| 02:30 PM | | | | | | | |
| 03:00 PM | Basketball 3-4:45 pm (DI) | | | | | | |
| 03:30 PM | | | | | | | |
| 04:00 PM | | Y Bball Skills 3-5 yrs 4-4:45 pm (RP) | | | | | |
| 04:30 PM | | | | | | | |
| 05:00 PM | Y Bball Skills 6-9 yrs 4:45-5:30 pm 10-14 yrs 5:30-6:15 pm (RP) | | | | | Preschool Play with Child Minding 3-5 yrs 6:15-7:30 pm | |
| 05:30 PM | | | | | | | |
| 06:00 PM | | | | | | | |
| 06:30 PM | Circuit Fit 6:30-7:15 pm (SU) | Fun & Games 6-12 yrs 6:15-7:30 pm (SI) | Adult Jiu-Jitsu 7-9 pm (RP) | | | Family Zumba 6:15-7:15 pm (SU) | |
| 07:00 PM | | | | | | | |
| 07:30 PM | Basketball 16+ 7:45-10 pm (DI) | | | | | | |
| 08:00 PM | | | | | | | |
| 08:30 PM | | | | | | | |
| 09:00 PM | | | | | | | |
| 09:30 PM | | | | | | | |
| 10:00 PM | FACILITY CLOSED | | | | | | |

*Closed for set up 15 minutes prior to all fitness classes

WEDNESDAY SCHEDULE

Effective April 1, 2024

FACILITY HOURS

Monday to Friday: 6 am to 10 pm
Saturday: 7 am to 7 pm
Sunday: 8 am to 6 pm
Holidays: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday:
6:30 am to 9 pm
Tuesday/Thursday: 7:15 am to 9 pm
Saturday/Sunday: 8 am to 4 pm

CHILD MINDING

0 to 5 years. \$80/20 hours
Saturday: 9 to 11 am
Monday/Thursday: 5 to 8 pm
Please book 24 hours in advance

FAMILY PLAY CENTRE

Monday to Friday: 10 am to 8:30 pm
Saturday/ Sunday: 10 am to 12 pm

SI = Sign In (Parents must sign children under 10 in and out)
SU = Sign Up (My Wellness App or website)
RP = Registered Program (Register online, additional fee \$)
DI = Drop In (Anyone over age 10 can attend)

| | Gym 1 | Gym 2 | MPR 1 | MPR 2 | MPR 5 | Other | |
|----------|--|--|--|-------|--|---|--|
| 6:00 AM | | | | | | | |
| 6:30 AM | | | | | | | |
| 7:00 AM | | | | | | | |
| 7:30 AM | Pickleball 7:30-9 am (DI) | | | | | | |
| 8:00 AM | | | | | | | |
| 8:30 AM | | | | | CycleFit 8-8:45 am (SU) | | |
| 9:00 AM | Strength Training 9:15-10 am (SU) | | Arts & Crafts 3-5 yrs 9:15-10:45 am (SI) | | | | |
| 9:30 AM | | | | | | Fit For Life 9:15-10 am (SU) | |
| 10:00 AM | GentleFit 10:30-11:15 am (SU) | | | | | | |
| 10:30 AM | | | | | | | |
| 11:00 AM | | | | | | | |
| 11:30 AM | | | | | | | |
| 12:00 PM | | | | | | | |
| 12:30 PM | | | | | CycleFit 12-12:45 pm (SU) | | |
| 01:00 PM | | Homeschool Game On 6-15 yrs 1-2:30 pm (SI) | | | | | |
| 01:30 PM | | | | | | | |
| 02:00 PM | | | | | | | |
| 02:30 PM | | | | | | | |
| 03:00 PM | | | | | | | |
| 03:30 PM | | | | | | | |
| 04:00 PM | Volleyball Skills 5-9 yrs 4-4:45 pm 10-14 yrs 5-5:45 pm (RP) | Racquet Sports 6-12 yrs 4-5 pm (SI) | | | | | |
| 04:30 PM | | | | | | | |
| 05:00 PM | | | Basketball 5-6 pm (DI) | | | | |
| 05:30 PM | | | | | | | |
| 06:00 PM | | | Arts & Crafts 6:15-7:15 (SI) | | | | |
| 06:30 PM | ZUMBA 6:30-7:15 pm (SU) | Fun & Games 6-12 yrs 6:15-7:15 pm (SI) | YOGA 7:30-8:15 pm (SU) | | Taekwondo 6-6:45 pm Beginner & Yellow Stripe (7+) 6:45-7:30 pm Yellow & Orange Belt (7+) 7:30-8:15 pm Green-Red Belt 8:15-9:30 pm Black Stripe & Black Belt (RP) | Preschool Play with Child Minding 3-5 yrs 6:15-7:30 pm | |
| 07:00 PM | | | | | | | |
| 07:30 PM | Badminton 16+ yrs 7:45-10 pm (DI) | | | | | | |
| 08:00 PM | | | | | | | |
| 08:30 PM | | | | | | | |
| 09:00 PM | | | | | | | |
| 09:30 PM | | | | | | | |
| 10:00 PM | FACILITY CLOSED | | | | | | |

*Closed for set up 15 minutes prior to all fitness classes

THURSDAY SCHEDULE

Effective April 1, 2024

FACILITY HOURS

Monday to Friday: 6 am to 10 pm
Saturday: 7 am to 7 pm
Sunday: 8 am to 6 pm
Holidays: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday:
6:30 am to 9 pm
Tuesday/Thursday: 7:15 am to 9 pm
Saturday/Sunday: 8 am to 4 pm

CHILD MINDING

0 to 5 years. \$80/20 hours
Saturday: 9 to 11 am
Monday/Thursday: 5 to 8 pm
Please book 24 hours in advance

FAMILY PLAY CENTRE

Monday to Friday: 10 am to 8:30 pm
Saturday/ Sunday: 10 am to 12 pm

SI = Sign In (Parents must sign children under 10 in and out)
SU = Sign Up (My Wellness App or website)
RP = Registered Program (Register online, additional fee \$)
DI = Drop In (Anyone over age 10 can attend)

| | Gym 1 | Gym 2 | MPR 1 | MPR 2 | MPR 5 | Other | |
|----------|--|--|--|-------|--|---|--|
| 6:00 AM | | | | | | | |
| 6:30 AM | | | | | | | |
| 7:00 AM | | | | | | HIIT 7-7:45 am (SU) | |
| 7:30 AM | | | | | | | |
| 8:00 AM | CORE 8-8:45 am (SU) | | | | | | |
| 8:30 AM | | | | | | | |
| 9:00 AM | Zumba 9:15-10 am (SU) | | Arts & Crafts 3-5 yrs 9:15-10:45 am (SI) | | BoxFit 9:15:10 am (RP) | | |
| 9:30 AM | | | | | | | |
| 10:00 AM | | | | | | | |
| 10:30 AM | Rental 10:30-12:30 pm | | | | | | |
| 11:00 AM | | | YOGA 11- 12 am (SU) | | | | |
| 11:30 AM | | | | | | | |
| 12:00 PM | | | | | TRX 12-12:45 pm (SU) | | |
| 12:30 PM | | | | | | | |
| 01:00 PM | Pickleball 1-3 pm (DI) | | | | Parkinsons Program 1:30-2:30 (RP) | | |
| 01:30 PM | | | | | | | |
| 02:00 PM | | | | | | | |
| 02:30 PM | | | | | | | |
| 03:00 PM | | | | | | | |
| 03:30 PM | Basketball 3-4:45 pm (DI) | | | | | | |
| 04:00 PM | | Y Soccer Skills 3-5 yrs 4-4:45 pm (RP) | | | | Teen Learn to Lift 4-5 pm (SU) | |
| 04:30 PM | | | | | | | |
| 05:00 PM | Y Soccer Skills 6-9 yrs 4:45-5:30 pm 10-14 yrs 5:30-6:15 pm (RP) | | | | | | |
| 05:30 PM | | | | | | | |
| 06:00 PM | | | Arts & Crafts 3-5 yrs 6:15-7:15 (SI) | | | | |
| 06:30 PM | | | | | | | |
| 07:00 PM | Youth Basketball League 6:30-7:30 pm (RP) | | | | TRX 6:30-7:15 pm (SU) | Preschool Play with Child Minding 3-5 yrs 6:15-7:30 pm | |
| 07:30 PM | | | | | | | |
| 08:00 PM | Basketball 16+ 7:45-10 pm (DI) | | Adult Jiu-Jitsu 7-9 pm (RP) | | | | |
| 08:30 PM | | | | | | | |
| 09:00 PM | | | | | | | |
| 09:30 PM | | | | | | | |
| 10:00 PM | FACILITY CLOSED | | | | | | |

*Closed for set up 15 minutes prior to all fitness classes

FRIDAY SCHEDULE

FACILITY HOURS

Monday to Friday: 6 am to 10 pm
 Saturday: 7 am to 7 pm
 Sunday: 8 am to 6 pm
 Holidays: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday:
 6:30 am to 9 pm
 Tuesday/Thursday: 7:15 am to 9 pm
 Saturday/Sunday: 8 am to 4 pm

CHILD MINDING

0 to 5 years. \$80/20 hours
 Saturday: 9 to 11 am
 Monday/Thursday: 5 to 8 pm
 Please book 24 hours in advance

FAMILY PLAY CENTRE

Monday to Friday: 10 am to 830 pm
 Saturday/ Sunday: 10 am to 12 pm

SI = Sign In (Parents must sign children under 10 in and out)
 SU = Sign Up (My Wellness App or website)
 RP = Registered Program (Register online, additional fee \$)
 DI = Drop In (Anyone over age 10 can attend)

| | Gym 1 | Gym 2 | MPR 1 | MPR 2 | MPR 5 | Other |
|----------|--|--------------------------------------|--|-------|---|--|
| 6:00 AM | | | | | | |
| 6:30 AM | | | | | | |
| 7:00 AM | | | | | | |
| 7:30 AM | | | | | CycleFit 7-7:45 am (SU) | |
| 8:00 AM | | | | | | |
| 8:30 AM | | | | | Mat Pilates 8-8:45 am (RP) | |
| 9:00 AM | | | | | | |
| 9:30 AM | BootCamp 9:15-10 am (SU) | | Arts & Crafts 3-5 yrs 9:15-10:45 am (SI) | | | |
| 10:00 AM | | | | | | |
| 10:30 AM | Stretch and Mobility 10:30-11:15 am (SU) | | | | | GentleFit 10:30-11:15 am (SU) |
| 11:00 AM | | | | | | |
| 11:30 AM | | | | | | |
| 12:00 PM | | | | | | |
| 12:30 PM | | | | | CycleFit 12-1 pm (SU) | |
| 01:00 PM | Pickleball 1-3 pm (DI) | | | | | |
| 01:30 PM | | | | | | |
| 02:00 PM | | | | | | |
| 02:30 PM | | | | | | |
| 03:00 PM | | | | | | |
| 03:30 PM | | | | | | |
| 04:00 PM | | | | | | |
| 04:30 PM | | | | | | |
| 05:00 PM | | | | | | |
| 05:30 PM | | | | | | |
| 06:00 PM | | | | | | |
| 06:30 PM | Fun & Games 6:15-7:30 pm 6-12 yrs (SI) | Zumba 6:30-7:15 pm (SU) | | | | Rental 5-8:30 pm |
| 07:00 PM | | | | | | |
| 07:30 PM | Deep Roots Basketball 14+ 7:30-9 pm (DI) | | | | | |
| 08:00 PM | | | | | | |
| 08:30 PM | | | | | | |
| 09:00 PM | | | | | | |
| 09:30 PM | | | | | | |
| 10:00 PM | FACILITY CLOSED | | | | | |

*Closed for set up 15 minutes prior to all fitness classes

SATURDAY SCHEDULE

FACILITY HOURS

Monday to Friday: 6 am to 10 pm
 Saturday: 7 am to 7 pm
 Sunday: 8 am to 6 pm
 Holidays: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday:
 6:30 am to 9 pm
 Tuesday/Thursday: 7:15 am to 9 pm
 Saturday/Sunday: 8 am to 4 pm

CHILD MINDING

0 to 5 years. \$80/20 hours
 Saturday: 9 to 11 am
 Monday/Thursday: 5 to 8 pm
 Please book 24 hours in advance

FAMILY PLAY CENTRE

Monday to Friday: 10 am to 8:30 pm
 Saturday/ Sunday: 10 am to 12 pm

SI = Sign In (Parents must sign children under 10 in and out)
 SU = Sign Up (My Wellness App or website)
 RP = Registered Program (Register online, additional fee \$)
 DI = Drop In (Anyone over age 10 can attend)

| | Gym 1 | Gym 2 | MPR 1 | MPR 2 | MPR 5 | Other |
|----------|---|--|---|-------|---|-------|
| 7:00 AM | | | | | | |
| 7:30 AM | | | | | | |
| 8:00 AM | | | | | | |
| 8:30 AM | | | | | | |
| 9:00 AM | Strong Nation 9-10 am (SU) | | Jiu-Jitsu Ages 6-8 yrs 9:00-10:00 am Ages 9-12 yrs 10:15-11:45 am Ages 13-17 yrs 12:00-1:30 pm (RP) | | CycleFit 8:30-9:15 am (SU) | |
| 9:30 AM | | | | | | |
| 10:00 AM | Family Sports 10-11:30 am (DI) | Family Gym Kids 10:15-11:30 am (DI) | | | | |
| 10:30 AM | | | | | | |
| 11:00 AM | | | | | | |
| 11:30 AM | | | | | | |
| 12:00 PM | Family Badminton 12-2:30 pm (DI) | | | | | |
| 12:30 PM | | | | | | |
| 01:00 PM | | | | | | |
| 01:30 PM | | | | | | |
| 02:00 PM | | | | | | |
| 02:30 PM | Closed for Setup 2:30-3 pm | | | | | |
| 03:00 PM | | | | | | |
| 03:30 PM | | | | | | |
| 04:00 PM | Birthday Parties 3-6 pm | | | | | |
| 04:30 PM | | | | | | |
| 05:00 PM | | | | | | |
| 05:30 PM | | | | | | |
| 06:00 PM | | | | | | |
| 06:30 PM | | | | | | |
| 07:00 PM | FACILITY CLOSED | | | | | |

*Closed for set up 15 minutes prior to all fitness classes

SUNDAY SCHEDULE

FACILITY HOURS

Monday to Friday: 6 am to 10 pm
 Saturday: 7 am to 7 pm
 Sunday: 8 am to 6 pm
 Holidays: 8 am to 4 pm

POOL HOURS

Monday/Wednesday/Friday:
 6:30 am to 9 pm
 Tuesday/Thursday: 7:15 am to 9 pm
 Saturday/Sunday: 8 am to 4 pm

CHILD MINDING

0 to 5 years. \$80/20 hours
 Saturday: 9 to 11 am
 Monday/Thursday: 5 to 8 pm
 Please book 24 hours in advance

FAMILY PLAY CENTRE

Monday to Friday: 10 am to 8:30 pm
 Saturday/ Sunday: 10 am to 12 pm

SI = Sign In (Parents must sign children under 10 in and out)
 SU = Sign Up (My Wellness App or website)
 RP = Registered Program (Register online, additional fee \$)
 DI = Drop In (Anyone over age 10 can attend)

| | Gym 1 | Gym 2 | MPR 1 | MPR 2 | MPR 5 | Other | |
|----------|---|-------|-------|-------|---|-------|--|
| 8:00 AM | | | | | | | |
| 8:30 AM | | | | | | | |
| 9:00 AM | YOGA 9-9:45 am (SU) | | | | CycleFit 8:30-9:15 am (SU) | | |
| 9:30 AM | | | | | | | |
| 10:00 AM | Youth Indoor Soccer League 6-12 yrs 10 am - 1 pm (RP) | | | | | | |
| 10:30 AM | | | | | | | |
| 11:00 AM | | | | | | | |
| 11:30 AM | | | | | | | |
| 12:00 PM | | | | | | | |
| 12:30 PM | Basketball League 10-14 yrs 1-3 pm (RP) | | | | | | |
| 01:00 PM | | | | | | | |
| 01:30 PM | | | | | | | |
| 02:00 PM | | | | | | | |
| 02:30 PM | Birthday Parties 2:30-5:30 pm | | | | | | |
| 03:00 PM | | | | | | | |
| 03:30 PM | | | | | | | |
| 04:00 PM | | | | | | | |
| 04:30 PM | | | | | | | |
| 05:00 PM | | | | | | | |
| 05:30 PM | | | | | | | |
| 06:00 PM | FACILITY CLOSED | | | | | | |

*Closed for set up 15 minutes prior to all fitness classes