

Drop-In Fitness & Sport Schedule (effective Sep 9 - Dec 21)

Fit some fitness into your schedule with fitness classes and sports at the FJCC! Ladysmith Parks, Recreation & Culture offers a variety of drop-in fitness and sports programs ALL INCLUDED WITH A DROP-IN ADMISSION, PUNCH PASS OR MONTHLY PASS! There's something for everyone!

Drop-In Fitness Classes

Drop-In Sports

- program descriptions on reverse

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|------------------------------------|---|--|--|
| | Intermediate Pickleball 6:30-9:00am | Beginner Pickleball 6:30-8:00am | Advanced Pickleball 6:30-9:00am | | |
| Cardio Circuit 9:00-10:00am | Beginner Pickleball 9:00-10:30am | Cardio Circuit 9:00-10:00am | Beginner Pickleball 9:00-10:30am | Cardio Circuit 9:00-10:00am | Everyone Welcome Pickleball 10:30am-12:00pm |
| Fitness Lite 10:30-11:30am | | | | Fitness Lite 10:30-11:30am | |
| Advanced Pickleball 10:30am-12:30pm | | | | Intermediate Pickleball 10:30am-12:30pm | SUNDAY |
| Beginner Pickleball 12:30-2:30pm | Advanced Pickleball 12:00-2:00pm | | Intermediate Pickleball 12:00-2:00pm | Indoor Soccer 1:00-3:00pm | Everyone Welcome Pickleball 10:30am-12:30pm |
| Badminton 5:15-7:15pm | Badminton 5:00-6:30pm | | Volleyball 5:15-7:15pm | Badminton 3:45-5:45pm | |
| | Indoor Soccer 6:30-8:30pm | | | Basketball 8:00-9:00pm | |

Schedule is subject to change. For up-to-date information, visit www.ladysmith.ca/programs

Ladysmith Parks, Recreation and Culture offers a great variety of REGISTERED programs not included above. For information on these programs, check out the 2024 Fall Activity Guide online at www.ladysmith.ca/programs

Fitness Centre Information

New to fitness? Want to improve your fitness level or recovering from an injury? The Fitness Centre at the FJCC allows you to work towards your fitness goals with a variety of cardio and strength equipment. Check with your family doctor before starting an exercise program if you are new to exercise or returning after an absence.

Please Note: Personal trainers, kinesiologists, and physiotherapists not employed or authorized by the Town of Ladysmith may not train clients within the Fitness Centre.

Our Fitness Centre has:

- 3000 sq. ft. of cardio, strength training and free-weight equipment
- free wi-fi
- Stability, BOSU & Medicine Balls, Wobble Boards, Fit tubes, and TRX suspension
- 14 pieces of cardio equipment, including treadmills, elliptical trainers, stationary and recumbent bikes, stair climbers and rowing machine.
- Free weights ranging from 2 - 100lbs
- wheelchair accessible

Hours of Operation:

Monday - Friday: 6:00am-9:00pm
Saturday: 8:00am-6:00pm
Sunday: 8:00am-4:00pm

Schedule Changes:

Annual Maintenance: August 18 - September 8
Pool closed and reduced hours in Fitness Centre

Reduced Hours:

Oct 14, Nov 11 - 11:30am-3:30pm
Oct 31, Nov 28 - Closed at 4:00pm
Dec 24, 28 & 31 - Closed at 4:00pm
Dec 23, 27 & 30 - Closed at 8:00pm

Closed:

August 31 - September 2
September 6
September 30
December 25, 26
January 1

Drop In Fitness Classes (Ages 16+)

Cardio Circuit

A 'do-it-all' high intensity circuit style class that will get your heart pumping and muscles strong! Challenge your body's ability using a variety of equipment and compound muscle movements. This is a high intensity class, if you have mobility issues or injuries you should see your doctor or speak with the instructor prior to participation.

Fitness Lite

Low to moderate impact and fun! 30-20-10 - 30 minutes to get your groove on with choreographed cardio - 20 minutes to focus on form with safe strength, balance and core exercises - 10 minutes to relax and stretch out your muscles! This class is ideal for those who want a solid workout without high impact and intensity.

Drop In Sports (Ages 13+)

Bring your friends or make some new ones during these great opportunities to play in a recreational environment. All skill levels welcome!

Badminton / Volleyball / Basketball

Keep active on the courts with these legendary sports. Drop-in to work on your agility, coordination and speed.

Indoor Soccer

Just for kicks... co-ed recreational soccer! Join in on this great opportunity to play soccer in a recreational environment!

Pickleball

A tennis-like game played on a badminton court using a perforated, slow moving ball and a smooth paddle. Please pay drop-in admission prior to entering gym, participants must be present at time of admission purchase, space is limited, we operate on a first-come, first-served basis, schedule is subject to change.



**PARKS
RECREATION
& CULTURE**

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