

FALL/WINTER

STARTS SEPT.9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 - 9:00am	8:30 - 9:30am	8:00 - 9:00am	8:30 - 9:30am	8:00 - 9:00am	8:00 - 8:50am
Morning Fitness (16+)	Total Body Boot Camp (16+)	Morning Fitness (16+)	Total Body Boot Camp (16+)	Box Step Fitness (16+)	Pilates/Barre (16+)
Tanya - Gym	Rawan - Gym	Tanya - Gym	Farrantina - Gym	Tanya - Gym	Justine - Gym
9:15 - 10:15am	10:00 - 12:00pm	9:15 - 10:15am	9:45 - 10:45am	9:15 - 10:15am	9:00 - 10:00am
Chair Yoga (16+)	Art with Katia (16+)	Chair Yoga (16+)	Tai Chi (16+)	Chair Yoga (16+)	Karate - Adult & Youth(7+)
Rachel - Gym	Katia - Boardroom	Helen- Gym	Roberto - Gym	Tia- Gym	Roberto - Gym
10:30am - 12:00pm	10:30 - 11:30am	12:30 - 2:30pm	11:00am - 12:00pm	10:00 - 12:00pm	10:00am - 12:00pm
Tai Chi Shindo (16+)	Hatha Yoga (16+)	Pickleball (16+)	Hatha Yoga (16+)	Adult Woodcarving (9+)	Arts, Crafts & Games (4+)
Roberto - Gym	Helen - Gym	Gym	Krystalyn - Gym	John - Boardroom	Keira/Brooklyn/Madison/Liz Upper Hall
			11:00am - 1:00pm		
12:30 - 2:30pm			Woodcarving Advanced (12+)	12:30 - 2:30pm	10:00am - 12:00pm
Pickleball (16+)			John - Boardroom	Pickleball (16+)	Woodcarving (9+)
Gym				Gym	John & Anita - Boardroom
			12:30 - 2:30pm		
			Beginner Pickleball (16+)		10:10 - 11:10am
			Gym		Tai Chi (16+)
					Roberto - Gym
5:45 - 6:45pm	5:30 - 7:30pm	5:40 - 6:20pm	5:45 - 6:30pm	5:30 - 7:30pm	11:15am - 12:15pm
Youth Baking (6+)	Woodcarving (9+)	Teeny Ballerina (3-6yrs)	Jr. Science (4+)	Youth Woodcarving (9+)	Hatha Yoga (16+)
Charlene & KC - Upper Hall	John & Anita - Boardroom	Lilianna & Hailey - Upper Hall	Jorja & Sarah - Upper Hall	John & Anita - Boardroom	Donna - Gym
5:45 - 6:45pm	5:45 - 6:45pm	6:25 - 7:05pm	5:45 - 6:45pm	5:45 - 6:45pm	12:15 - 1:15pm
Youth Karate (7+)	Youth Baking (6+)	Teeny Ballerina (3-6yrs)	Jr. Hip Hop (5+)	Youth Cooking (8+)	Youth Baking (6+)
Roberto - Gym	Sarah & Emily - Upper Hall	Lilianna & Corrina - Upper Hall	Brooklyn & Lilianna - Gym	Keira & Catherine - Upper Hall	Brooklyn & Jorja - Upper Hall
5:45 - 6:45pm	5:45 - 6:45pm	5:45 - 6:45pm	6:45 - 7:30pm	5:45 - 6:45pm	12:30 - 1:15pm
Youth Beach Volleyball (6+)	Youth Floor Hockey (6+)	Youth Basketball (6+)	Jr. Science (4+)	Youth Soccer (6+)	Youth Fun Zone (5+)
Jorja & Keira - Rear Park	Kyle & Miller - Gym	Miller & - Gym	Jorja & Sarah - Upper Hall	Miller & Jorja Richmond Park	Charlotte & Miller - Gym
7:00 - 8:00pm	7:00 - 8:00pm	7:00 - 8:00pm	6:45 - 7:45pm	5:45 - 6:45pm	
Hatha Flow Yoga (16+)	Zumba (16+)	Total Body Conditioning (16+)	Crafty Creations (7+)	Kickboxing (16+)	
Rachel - Gym	Gina - Gym	Lina - Gym	Charlene & Brooklyn - Boardroom	Mike - Gym	
			7:00 - 8:00pm	7:00 - 8:00pm	
			Zumba Gold (16+)	Yoga (16+)	
			Yenny - Gym	Krystalyn - Gym	

Youth
Adult
Adult & Youth

Memberships

Youth	\$35 per month
Adult	\$35 per month
Family	\$60 per month

www.thoroldgroup.org