

SUMMER SCHEDULE

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 & Ryan - Gym
10:30am - 12:00pm	10:30 - 11:30am	12:30 - 2:30pm	10:30 - 11:30am	10:00 - 12:00pm	10:00 - 12:00pm
Tai Chi Shindo (16+)	Hatha Yoga (16+)	Pickleball (16+)	WalkFit (Strollers Welcome)	Adult Woodcarving	Woodcarving (9+)
Roberto - Gym	Helen - Gym	Gym	Ava - Outside	John - Boardroom	John & Anita - Boardroom
12:30 - 2:30pm	1:00 - 2:00pm		11:00am - 1:00pm	12:30 - 2:30pm	10:10 - 11:10am
Pickleball (16+)	WalkFit (Strollers Welcome)		Woodcarving Advanced (12+)	Pickleball (16+)	Tai Chi (16+)
Gym	Ava - Outdoors		John - Boardroom	Gym	Roberto - Gym
			12:30 - 2:30pm		11:15am - 12:15pm
			Beginner Pickleball (16+)		Hatha Yoga (16+)
			Gym		Krystalyn - Gym
					11:30am - 12:30pm
5:30 - 6:25pm	5:30 - 7:30pm	5:40 - 6:20pm	5:45 - 6:30pm	5:30 - 7:30pm	Youth Baking (6+)
Youth Beach Volleyball (6-8)	Woodcarving (9+)	Teeny Ballerina (3-6yrs)	Jr. Science (4+)	Youth Woodcarving (9+)	Brooklyn & Jorja - Upper Hall
Amanda & Jorja - Park	John & Anita - Boardroom	Lilianna & Hailey - Upper Hall	Jorja & Yemi - Upper Hall	John & Anita - Boardroom	
5:45 - 6:45pm	5:45 - 6:45pm	5:45 - 6:45pm	5:45 - 6:45pm	5:45 - 6:45pm	12:30 - 1:15pm
Youth Baking (6+)	Youth Baking (6+)	Youth Basketball (6+)	Jr. Hip Hop (5+)	Youth Cooking (8+)	Youth Fun Zone (5+)
Charlene & Emily - Upper Hall	KC & Yemi - Upper Hall	Miller & Jorja - Gym	Brooklyn & Lilianna - Gym	Elizabeth & Corrina - Upper Hall	Yemi & Miller - Gym
5:45 - 6:45pm	5:45 - 6:45pm	6:25 - 7:05pm	6:45 - 7:30pm	5:45 - 6:45pm	
Youth Karate (7+)	Youth Floor Hockey (6+)	Teeny Ballerina (3-6yrs)	Jr. Science (4+)	Youth Soccer (6+)	
Roberto & Ryan - Gym	Miller & Elizabeth - Gym	Lilianna & Corrina - Upper Hall	Jorja & Miller - Upper Hall	Miller & Jorja Richmond Park	
6:30 - 7:30pm	7:00 - 8:00pm	7:00 - 8:00pm	6:45 - 7:45pm	5:45 - 6:45pm	
Youth Beach Volleyball (9+)	Zumba (16+)	Total Body Conditioning (16+)	Crafty Creations (7+)	Kickboxing (16+)	
Amanda & Jorja - Park	Gina - Gym	Lina - Gym	Charlene & Brooklyn - Boardroom	Mike - Gym	
7:00 - 8:00pm			7:00 - 8:00pm		
Hatha Flow Yoga (16+)			Zumba Gold (16+)		
Rachel - Gym			Yenny - Gym		

Memberships

Individual \$35 per month
Family \$60 per month

www.thoroldgroup.org

Youth
Adult
Adult & Youth