

SPRING SCHEDULE

STARTS MAY 1, 2024

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	10:00am - 12:00pm
Tai Chi Shindo (16+)	Hatha Yoga (16+)	Pickleball (16+)	WalkFit (Strollers Welcome)	Woodcarving (9+)	Arts, Crafts & Games (4+)
Roberto - Gym	Tia - Gym	Gym	Ava - Outside (<i>Begins May 9th</i>)	John - Boardroom	Upper Hall
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 (16+)	Pickleball (16+)	Tai Chi (16+)
Gym	Ava - Outdoors (<i>Begins May 7th</i>)		John - Boardroom	Gym	Roberto - Gym
			12:30 - 2:30pm		11:15am - 12:15pm
			Beginner Pickleball (16+)		Hatha Yoga (16+)
			Gym		Donna - Gym
<i>*Tentative start May 13</i>					12:15 - 1:15pm
5:30 - 6:25pm	5:30 - 7:30pm	5:45 - 6:30pm	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+)	Woodcarving (9+)	Brooklyn & Chibuike - Upper Hall
Amanda & Deshaun - Park	John & Anita - Boardroom	Lilianna & Hailey - Upper Hall	Chibuike & Yemi - Upper Hall	John & Anita - Boardroom	
<i>*Tentative start May 13</i>					12:30 - 1:15pm
6:30 - 7:30pm	5:45 - 6:45pm	5:45 - 6:45pm	5:45 - 6:45pm	5:45 - 6:45pm	Youth Fun Zone (5+)
Youth Beach Volleyball (9-12)	Youth Baking (6+)	Youth Basketball (6+)	Jr. Hip Hop (5+)	Youth Cooking (8+)	Charlotte & Miller - Gym
Amanda & Deshaun Park	KC & Yemi - Upper Hall	Kyle & Miller - Gym	Brooklyn & Lilianna - Gym	Madison - Upper Hall	
5:45 - 6:45pm	5:45 - 6:45pm	7:00 - 8:00pm	6:45 - 7:30pm	5:45 - 6:45pm	
Youth Baking (6+)	Youth Floor Hockey (6+)	Total Body Conditioning (16+)	Jr. Science (4+)	Youth Soccer (6+)	
Charlene & Emily - Upper Hall	Kyle & Miller - Gym	Lina - Gym	Chibuike & Yemi - Upper Hall	Miller & Jorja Richmond Park	
5:45 - 6:45pm	7:00 - 8:00pm		6:45 - 7:45pm	5:45 - 6:45pm	
Youth Karate (7+)	Zumba (16+)		Crafty Creations (7+)	Kickboxing (16+)	
Roberto & Ryan - Gym	Gina - Gym		Charlene & Madison - Boardroom	Mike - Gym	
7:00 - 8:00pm			7:00 - 8:00pm		
Hatha Flow Yoga (16+)			Zumba Gold (16+)		
Rachel - Gym			Yenny - Gym		

Youth
Adult
Adult & Youth

Memberships

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

www.thoroldgroup.org