

New! Winter 2026 - Gym & Class Schedule

January to April
Revised: 12/18/2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Youth Programs

Drop-in youth fee : \$3.50 per session. Register at www.pelham.ca/youth



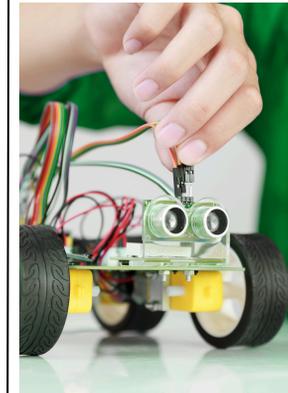
✓ RoboThink
Robotics
Trains, Planes &
Automobiles
5:15-6:30 pm

Tiny Tots Gym Time
10:15 am - noon

New! Drop-in Pickleball
(12-17 years old)
4-5:00 pm

Family Drop-in Gym
4:00-5:00 pm

Family Music
10-11 am



Gym & Class Schedule

Drop-in fees : \$6 per session, or Membership Card: \$100 for 20 sessions.



✓ SeniorFIT
8:00 - 9:00 am
9:00-10:00 am

Drop-In Basketball
9:00 - 11:00 am

55+ Aerobics
11:00 am - noon

Lift & Sweat
7:00 - 8:00 pm

Zumba®
9:30 - 10:30 am

Walking/sitting
Meditation
10:00 - 11:00 am

Chair Yoga
11:15 am - 12:15 pm

✓ Volleyball
12:15 - 2:15 pm

✓ SeniorFIT
8:00 - 9:00 am
9:00 - 10:00 am

Mom & Tot Fitness
9:30 - 10:30 am

✓ Gentle Aerobics
11:00am - 12:00 pm

Drop-in Step
5:30-6:30 pm

Hatha Yoga
6:30 - 7:30 pm

55+ Aerobics
11:00 am - noon

FlexAgility
12:45-1:45 pm

Chair Yoga
1:30 - 2:30 pm

Hatha Yoga
2:45-3:45 pm

Yogalates
5:30 - 6:30 pm

✓ SeniorFIT
8:00 - 9:00 am
9:00 - 10:00 am

Free Drop-In Bridge
10:00 am to noon

✓ Volleyball
10:30 am - 1:00 pm

Zumba®
noon - 1:00 pm

Orchestrum Music
1:00 - 3:00 pm

Ice, gym and meeting spaces are available for private rentals.

See the information desk for availability.



✓ Indicates: Advance Online Registration Required

New! Winter 2026 - Spin, Pickleball & Ice Schedule

January to April
Revised: 12/18/2025

- Sunday
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday

Spin Schedule Program Fee: \$10 per week (varies on session length) | 16+ | Registration is required, limited spaces



This low-impact exercise class includes weight loss, improved strength, endurance and stress relief. High energy, cardio and a rocking playlist make this class suitable for all fitness levels!



Open Access Spin Passes available. See Customer Service for details. \$30 per month and one-time \$50 deposit. **Come give it a spin! www.pelham.ca/spin**



Pickleball Schedule Pre-registration is required. Please visit www.pelham.ca/pickleball



All Levels
12:30 - 2:30 pm

Beginner (Gym 1)
All Levels (Gym 2)
8:30 - 10:30 pm

Competitive
8:00 - 10:00 am

All Levels
10:45 - 12:45 pm

Beginner
11:15 am - 1:15 pm
Competitive
11:45 am - 1:45 pm
All Levels
1:30 - 3:30 pm
Recreational
2:00 - 4:00 pm

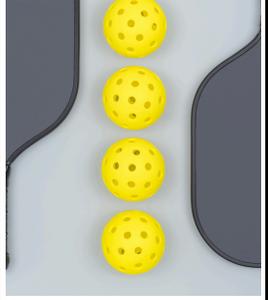
Competitive
8:00 - 10:00 am

All Levels
12:30 - 2:30 pm

Beginner
8:30 - 10:30 am

All Levels
2:00 - 4:00 pm

Competitive
8:30 - 10:30 pm



Ice Schedule Arena programs are subject to a 50 minute hour to allow time for an ice flood. Please visit www.pelham.ca/skate

Public Skating
1:00 - 2:30 pm



Women's Skills & Drills
9:45 - 10:45 am

60+ Stick & Puck
10:00 - 11:00 am

Women's Shinny
10:45 - 11:45 am

Adult Only Skate
2:00 - 3:00 pm

6-13 Stick & Puck
3:30 - 4:30 pm

Men's Shinny
9:00 - 10:00 am

Men's 60+ Shinny
10:00 - 11:00 am

Parent & Preschool
1:00 - 2:00 pm

Adult Power Skate
1:00 - 2:00 pm



Women's Shinny
9:45 - 10:45 am

Parent & Preschool
9:30 - 10:30 am

60+ Stick & Puck
10:30 - 11:30 am

Adult Only Skate
12:30 - 1:30 pm

 Adult Learn to Skate
1:30 - 2:15 pm
2:15 - 3:00 pm

Men's Shinny
9:00 - 10:00 am

Men's 60+ Shinny
10:00 - 11:00 am

14+ Stick & Puck
2:15 - 3:15 pm

Ticket Ice
3:15 - 4:15 pm

Public Skating
7:30 - 9:00 pm

Men's Shinny
9:00 - 10:00 pm



Indicates: Advance Online Registration Required

Schedule subject to change; please visit pelham.ca/cancellations.