

# New! Fall 2025 - Gym & Class Schedule

September to December  
Revised: 11/17/2025

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

## Youth Programs

Drop-in youth fee : \$3.50 per session. Register at [www.pelham.ca/youth](http://www.pelham.ca/youth)



Tiny Tots Gym Time  
10:15 am-noon

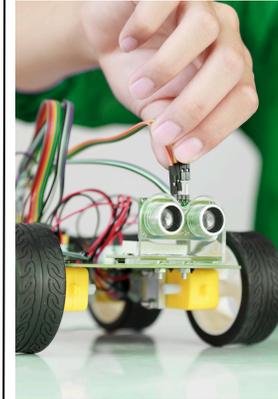
- ✓ Music Theatre  
Kinder Age
  - 4:30-5:30pm
- Primary Age
  - 5:45-6:45pm

Drop-in Pickleball New!  
(12-17 years old)  
4-5:30 pm

Family Drop-in Gym  
4:00-5:30pm

Family Music  
10-11 am

- ✓ Music Theatre  
Junior Age
  - 4:30-5:30 pm
- Kinder Age
  - 5:45-6:45 pm



## 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<sup>®</sup>  
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

55+ Aerobics  
10:15 - 11:15 am

- ✓ Gentle Aerobics  
11:00am - 12:00pm

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

Hatha Yoga  
6:30 - 7:30pm

55+ Aerobics  
11:00 am - noon

FlexAgility  
12:45-1:45 pm

Chair Yoga  
1:30 - 2:30 pm

Hatha Yoga  
2:45-3:45pm

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  
10:30am - 1:00pm

Zumba<sup>®</sup>  
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

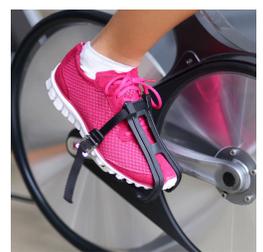
For a full listing of programs and classes  
call 905-732-7872 or visit [www.pelham.ca/mcc](http://www.pelham.ca/mcc)

# New! Fall 2025 - Spin, Pickleball & Ice Schedule

September to December  
Revised: 11/17/2025

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

## Spin Schedule Spin Program Fee: \$10 per Week | 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!

**Come give it a spin! [www.pelham.ca/spin](http://www.pelham.ca/spin)**

Spin Class Fee: \$10 per Week\* Based on registering for weekly programs offered in seven to eight-week sessions.

**New!** Open Access Spin Passes available. See Customer Service for details. \$30 per month and one-time \$50 deposit.



## Pickleball Schedule Pre-registration is required. Please visit [www.pelham.ca/pickleball](http://www.pelham.ca/pickleball)



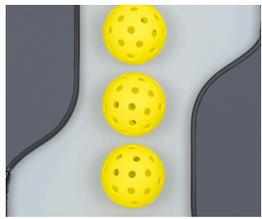
All Levels  
12:30 - 2:30 pm  
  
Beginner (Gym 1)  
All Levels (Gym 2)  
8:30 - 10:30 pm

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 online for full details on ice programming and fees.

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](http://pelham.ca/cancellations).