

New! Fall 2025 - Gym & Class Schedule

September to December
Revised: 09/30/2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Youth Programs

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



✓ Battle Robots New!
Age 5-12
4:30-5:30 pm

Tiny Tots Gym Time
10:15 am-noon

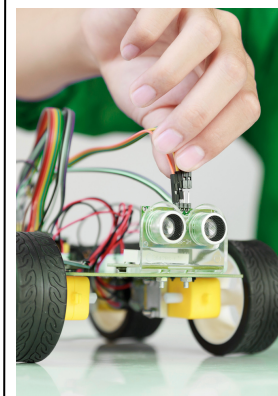
✓ Music Theatre
Kinder Age
• 4:30-5:30pm
Primary Age
• 5:45-6:45pm

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®
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

✓ Restorative Yoga
6:30-7:30pm

✓ 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®
noon - 1:00 pm

Orchestra 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

Fall 2025 - Spin, Pickleball & Ice Schedule

September to December
Revised: 09/30/2025

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

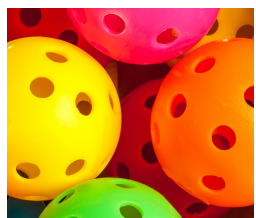
Spin Class Fee:
\$10 per Week* Based on registering for weekly programs offered in seven to eight-week sessions.



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



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

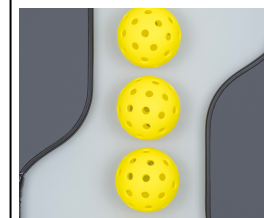
Competitive
7:00 - 9:00 am

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.