

DROP-IN PROGRAMS

Hatha Flow Yoga

A yoga class with an emphasis on breath, movement, balance, strength, and flexibility. Suitable for beginners or those with prior yoga experience.

Tuesday

OUTDOOR

Instructor: Jennifer O'Neill

8 Sessions: July 7 – August 25

9:00 – 9:50am

St. David's Park

FREE (Drop-In)

Pound

Channel your inner rockstar with this full body cardio-jam session. Inspired by the infectious, energizing, and sweat dripping fun of playing the drums. Instead of listening to music, you become the music in this exhilarating full body workout that combines cardio, conditioning and strength training with yoga and pilates inspired movements. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, Pound transforms drumming into an incredibly effective way of working out. Participants need to bring their own mats.

Monday

OUTDOOR

Instructor: Jennifer O'Neill

8 Sessions: July 6 – August 24

5:00 – 5:50pm

St. David's Park

FREE (Drop-In)

Cardio Line Dance

Cardio Line Dance is an upbeat workout that blends the fun of line dancing with the heart-pumping benefits of cardio exercise. In this class, you'll move through repetitive dance patterns set to a mix of pop, country, and Latin-inspired music. Perfect for all fitness and dance levels. Expect to improve coordination, balance, and memory, as well as burn calories, and strengthen your lower body. No partner is needed, and no dance experience required. Just bring your enthusiasm, and get ready to move, sweat, and smile! Boots are optional.

Wednesday

OUTDOOR

5:00 – 5:50pm

Instructor Jennifer O'Neill

7 Sessions: July 8 – August 26 **(No session on July 15)**

St David's Park

FREE (Drop-In)

Pickleball

Court Bookings

You can book one court for 2 or 4 players only. If 2 courts are required, you will need to book under another player.

\$10 for 2 players / \$20 for 4 players

Reid Community Centre Gym

4 courts available to play 2 or 4 players

Monday / Wednesday / Friday

July 6 - August 28

9:00 – 9:50am

10:00 – 10:50am

11:00 – 11:50am

2 courts available to play 2 or 4 players

Tuesday / Thursday

July 6 - August 28

9:00 – 9:50am

10:00 – 10:50am

11:00 – 11:50am

Gloria Pearson Community Centre Gym

1 court available to play 2 or 4 players

Wednesday

July 8 - August 26

6:00 – 6:50pm

7:00 – 7:50pm

8:00 – 8:50pm

9:00 - 9:50pm

Pickleball League

(Led by Instructor Steve Maher)

Pickleball Co-Ed Instructed League (\$15 per player)

Reid Community Centre Gym

Thursday

July 2 – August 28

12:00 – 2:00pm