

Georgina Gym & Ice Palace Hall Program Schedule

Schedule in effect from Nov. 16 to Dec. 20, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Badminton (\$1) 20yrs+ 8:30 a.m. - 9 a.m. Badminton (\$1) 20yrs+ 9:30 a.m. - 10 a.m. Badminton (\$1) 20yrs+ 10:30 a.m. - 11 a.m. Table Tennis (\$1) 20yrs+ 11:30 a.m. - 12 p.m. Wellness Workout (\$12.43) 15yrs+ 1:30 p.m. - 2:30 p.m. Basketball (Free) 10-15 yrs 6 p.m. - 7 p.m. HIIT (\$12.43) 15yrs+ 7:15 p.m. - 8:15 p.m. Pickleball 15yrs+ 7:30 p.m. - 8 p.m.	Pickleball (\$1) 20yrs+ 8:30 a.m. - 9 a.m. Pickleball (\$1) 20yrs+ 9:30 a.m. - 10 a.m. Pickleball (\$1) 20yrs+ 10:30 a.m. - 11 a.m. Stroller Fit (\$12.43) 16yrs+ 10:30 a.m. - 11:30 a.m. Badminton (\$1) 20yrs+ 11:30 a.m. - 12 p.m. Badminton (\$1) 20yrs+ 12:30 p.m. - 1 p.m. Family Night Fun (\$1) 6yrs+ 5:30 p.m. - 6:30 p.m. Cardio Bootcamp (\$12.43) 15yrs+ 6:30 p.m. - 7:30 p.m. Table Tennis (\$1) 15yrs+ 7 p.m. - 7:30 p.m. Table Tennis (\$1) 15yrs+ 8 p.m. - 8:30 p.m. Tai Chi (\$1) 55yrs+ 8 p.m. - 9 p.m.	Badminton (\$1) 20yrs+ 8:30 a.m. - 9 a.m. Yoga - Level 1 (\$11.30) 55yrs+ 9 a.m. - 10 a.m. Badminton (\$1) 20yrs+ 9:30 a.m. - 10 a.m. Yoga - Level 2 (\$11.30) 55yrs+ 10:15 a.m. - 11:15 a.m. Badminton (\$1) 20yrs+ 10:30 a.m. - 11 a.m. Pickleball (\$1) 20yrs+ 11:30 a.m. - 12 p.m. Pickleball (\$1) 20yrs+ 12:30 p.m. - 1 p.m. Fit Flow (\$12.43) 15yrs+ 6 p.m. - 7 p.m. Cardio Interval Training Zone (\$12.43) 15yrs+ 7:15 p.m. - 8 p.m.	Pickleball (\$1) 20yrs+ 8:30 a.m. - 9 a.m. Pickleball (\$1) 20yrs+ 9:30 a.m. - 10 a.m. Pickleball (\$1) 20yrs+ 10:30 a.m. - 11 a.m. Functional Fitness (\$11.30) 55yrs+ 10:30 a.m. - 11:30 a.m. Meditation (\$7.91) 15yrs+ 11:30 p.m. - 12:30 p.m. Yoga - Vinyasa (Level 2-3) (\$12.43) 15yrs+ 5:30 p.m. - 6:30 p.m. Meditation (\$7.91) 15yrs+ 6 p.m. - 7 p.m. Yoga - Slow Flow (Level 1) (\$12.43) 15yrs+ 7 p.m. - 8 p.m.	Badminton (\$1) 20yrs+ 8:30 a.m. - 9 a.m. Badminton (\$1) 20yrs+ 9:30 a.m. - 10 a.m. Badminton (\$1) 20yrs+ 10:30 a.m. - 11 a.m. Table Tennis (\$1) 20yrs+ 11:30 a.m. - 12:30 p.m. Badminton (\$1) 15yrs+ 7 p.m. - 7:30 p.m. Badminton (\$1) 15yrs+ 8 p.m. - 8:30 p.m. Basketball (\$1) 16yrs+ 9 p.m. - 10 p.m.
Saturday	Balance Ball Fitness (\$12.43) 15yrs+ 9:15 a.m. - 10:15 a.m.			

Pre-registration is required. Register today at georgina.ca/recreation.

COVID-19 safety protocols in place.

All dates, times and prices are subject to change without notice. All pricing is inclusive of HST.
Fitness passes will be accepted as a method of payment for all instructor-led fitness programs.



Reserve your spot online at georgina.ca/recreation
90 Wexford Dr., Keswick
905-476-4301 | 905-476-4423 ext. 2