

# Drop-In Fitness and Sport Schedule (effective Sep 5 - Dec 23)

Fit some fitness into your fall schedule with fitness classes and sports at the FJCC! Ladysmith Parks, Recreation & Culture offers a variety of drop-in fitness and sports programs ALL INCLUDED WITH A DROP-IN ADMISSION, PUNCH PASS OR MONTHLY PASS! There's something for everyone!

## Drop-In Fitness Classes

## Drop-In Sports

- program descriptions on reverse

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Cardio Circuit</b> 9:00-10:00am	<b>Intermediate Pickleball</b> 8:00-10:30am	<b>Cardio Circuit</b> 9:00-10:00am	<b>Advanced Pickleball</b> 8:00-10:30am	<b>Cardio Circuit</b> 9:00-10:00am	<b>Everyone Welcome Pickleball</b> 9:30-11:30am
<b>Fitness Lite</b> 10:30-11:30am				<b>Fitness Lite</b> 10:30-11:30am	
<b>Advanced Pickleball</b> 10:30am-12:30pm				<b>Intermediate Pickleball</b> 10:30am-12:30pm	
<b>Beginner Pickleball</b> 12:30-2:00pm				<b>Indoor Soccer</b> 1:00-3:00pm	<b>SUNDAY</b>
	<b>Badminton</b> 5:30-7:00pm	<b>Beginner Pickleball</b> 10:30am-12:00pm	<b>Badminton</b> 5:30-7:00pm		<b>Everyone Welcome Pickleball</b> 10:30am-12:30pm
	<b>Indoor Soccer</b> 7:00-8:30pm				

Ladysmith Parks, Recreation and Culture offers a great variety of REGISTERED programs not included above.  
For information on these programs, check out the **2023 Fall Activity Guide** online at [www.ladysmith.ca/programs](http://www.ladysmith.ca/programs)

## Drop In Fitness Classes

### Cardio Circuit

A 'do-it-all' high intensity circuit style class that will get your heart pumping and muscles strong! Challenge your body's ability using a variety of equipment and compound muscle movements. This is a high intensity class, if you have mobility issues or injuries you should see your doctor or speak with the instructor prior to participation.

### Fitness Lite

Low to moderate impact and fun! 30-20-10 - 30 minutes to get your groove on with choreographed cardio - 20 minutes to focus on form with safe strength, balance and core exercises - 10 minutes to relax and stretch out your muscles! This class is ideal for those who want a solid workout without high impact and intensity.

## Drop In Sports

### Indoor Soccer

Just for kicks... co-ed recreational soccer! Join in on this great opportunity to play soccer in a recreational environment!

### Badminton

Keep active on the courts with a legendary game of badminton. Drop-in to work on your agility, coordination and speed. Bring your friends or make new ones in this friendly, fun game! Equipment is provided.

### Pickleball

A tennis-like game played on a badminton court using a perforated, slow moving ball and a smooth paddle. Please pay drop-in admission prior to entering gym, participants must be present at time of admission purchase, space is limited, we operate on a first-come, first-served basis, schedule subject to change without notice.

## Fitness Centre Information

New to fitness? Want to improve your fitness level or recovering from an injury? The Fitness Centre at the FJCC allows you to work towards your fitness goals with a variety of cardio and strength equipment. Check with your family doctor before starting an exercise program if you are new to exercise or returning after an absence.

**Please Note:** Personal trainers, kinesiologists, and physiotherapists not employed or authorized by the Town of Ladysmith may not train clients within the Fitness Centre.

### Hours of Operation:

Monday - Friday: 6:00am-9:00pm  
Saturday: 8:00am-6:00pm  
Sunday: 8:00am-4:00pm

### Our Fitness Centre has:

- 3000 sq. ft. of cardio, strength training and free-weight equipment
- free wi-fi
- Stability, BOSU & Medicine Balls, Wobble Boards, Fit tubes, and TRX suspension
- 14 pieces of cardio equipment, including treadmills, elliptical trainers, stationary and recumbent bikes, stair climbers and rowing machine.
- Free weights ranging from 2 - 100lbs
- wheelchair accessible



**PARKS  
RECREATION  
& CULTURE**

INFO / REGISTRATION 250.245.6424

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