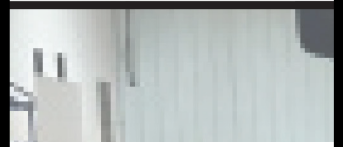
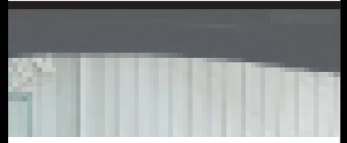
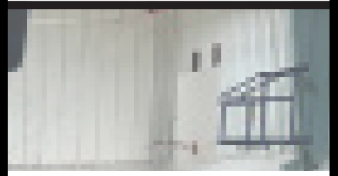
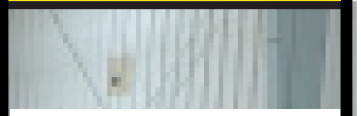
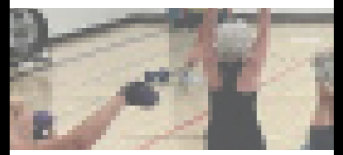
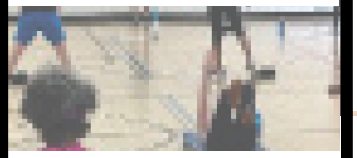
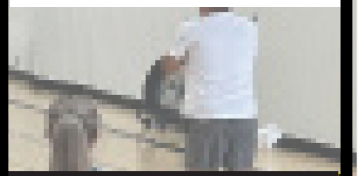
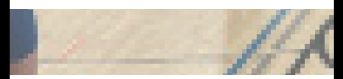
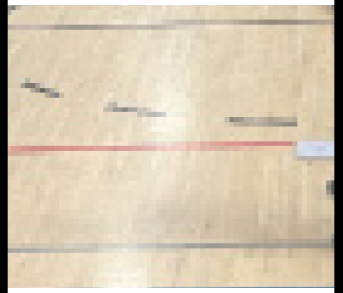
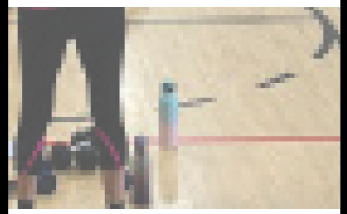
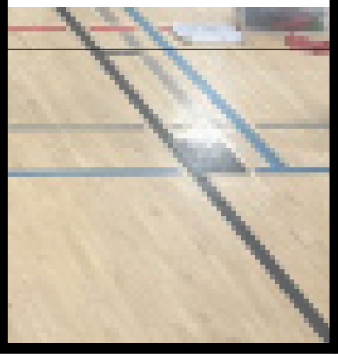
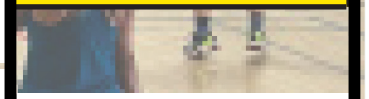
Drop-In Fitness & Sport Schedule (effective Sep 8 – Dec 20)

Fit some fitness into your 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
Everyone Welcome Pickleball 6:30-8:00am		Beginner Pickleball 6:30-8:00am			
Cardio Circuit 9:00-10:00am	Intermediate Pickleball 8:00-10:30am	Cardio Circuit 9:00-10:00am	Advanced Pickleball 8:00-10:30am	Cardio Circuit 9:00-10:00am	Everyone Welcome Badminton 8:30-10:30am
Fitness Lite 10:30-11:30am				Fitness Lite 10:30-11:30am	
Advanced Pickleball 12:00-2:00pm	Beginner Pickleball 12:00-2:00pm	Everyone Welcome Pickleball 12:00-2:00pm	Beginner Pickleball 12:00-2:00pm	Intermediate Pickleball 11:00am-1:00pm	SUNDAY
					
Basketball 5:00-7:00pm	Volleyball 5:15-6:45pm	Beginner Pickleball 7:30-8:45pm	Intermediate Badminton 6:00-8:00pm	Indoor Soccer 1:30-3:30pm	Everyone Welcome Pickleball 9:15-11:15am
Everyone Welcome Badminton 7:15-8:45pm	Indoor Soccer 7:15-8:25pm				

Schedule is subject to change. **For up-to-date information, visit www.ladysmith.ca/programs**

*Ladysmith Parks, Recreation and Culture offers a great variety of REGISTERED programs not included above. For information on these programs, check out the **2026 Fall Activity Guide** online at www.ladysmith.ca/programs*

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.

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**
- **Cardio equipment, including treadmills, elliptical trainers, stationary, recumbent and spin bikes, stair climbers and rowing machines.**
- **Free weights ranging from 2 - 100lbs**
- **wheelchair accessible**

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

Reduced Hours:
Oct 12, Nov 11 - 11:30am-3:30pm
Oct 31, Nov 26 - Closed @ 4:00pm
Dec 20, 24, 27 & 31 - Closed @ 4:00pm
Dec 21, 22, 23, 27 & 31 - Closed @ 8:00pm

Closed:
September 5, 6, 7
September 30
December 25, 26
January 1

Drop In Fitness Classes (Ages 16+)

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 (Ages 13+)

Bring your friends or make some new ones during these great opportunities to play in a recreational environment. All skill levels welcome!
Please note: Admission to the gymnasium will begin at the program start time. Please respect start and end times and do not enter the gymnasium in advance.

Badminton / Volleyball / Basketball

Keep active on the courts with these legendary sports. Drop-in to work on your agility, coordination and speed.

Indoor Soccer

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

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 is subject to change.