

Drop-In Fitness & Sport Schedule (effective July 2- July 31)

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
Advanced Pickleball 6:30-8:30am		Beginner Pickleball 6:30-8:00am	Advanced Pickleball 6:30-8:30am	Intermediate Pickleball 6:30-8:30am	
Cardio Circuit 9:00-10:00am		Cardio Circuit 9:00-10:00am	Cardio Circuit 9:00-10:00am	Cardio Circuit 9:00-10:00am	Beginner PickleBall 10:30am-12:00pm
Fitness Lite 10:30-11:30am				Fitness Lite 10:30-11:30am	
Everyone Welcome Pickleball 12:30-2:30pm	Everyone Welcome Pickleball 12:30-2:30pm	Everyone Welcome Pickleball 12:30-2:30pm	Everyone Welcome Pickleball 12:30-2:30pm		SUNDAY
Badminton 5:30-7:30pm	Indoor Soccer 7:15-8:45pm		Badminton 5:30-7:30pm		Indoor Soccer 1:00-3:00pm

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 the programs, check out the 2026 Summer Activity Guide online at www.ladysmith.ca/programs