

Drop-in Fitness Schedule Paul Reynold Community Centre | September 20, 2026 - December 5, 2026

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 a.m.		Aquatic Fitness 9-9:50 a.m.	Aquatic Fitness 9-9:50 a.m.	Aquatic Fitness 9-9:50 a.m.	Aquatic Fitness 9-9:50 a.m.	Aquatic Fitness 9-9:50 a.m.	
9:30 a.m.							
10:00 a.m.		Aquatic Fitness 10-10:50 a.m.	Core Balance 10-10:50 a.m.	Aquatic Fitness 10-10:50 a.m.	Core Balance 10-10:50 a.m.		
10:30 a.m.		Adults in Motion 10-10:50 a.m.		Adults in Motion 10-10:50 a.m.			
7:00 p.m.		Body Conditioning 7-7:50 p.m.			Body Conditioning 7-7:50 p.m.		
7:30 p.m.		Aquatic Fitness 7-7:50 p.m.					

Please note: the community centre will be closed for holidays on September 30, October 12 and November 11
Schedules are subject to change. For the latest fitness schedules, visit **StJohns.ca/Fitness**.
Closures will be posted on our website and social media.