

Drop-in Fitness H.G.R. Mews 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.							
10:30 a.m.							
11:00 a.m.		Adults in Motion 11-11:50 a.m.		Adults in Motion 11-11:50 a.m.		Adults in Motion 11-11:50 a.m.	
11:30 a.m.							
7:00 p.m.				Aquatic Fitness 7-7:50 p.m.			
7:30 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.