

Adult Fitness



Jan 8 to Mar 11, 2023

Limited space available in all drop-in fitness programs. Membership pass holders are given priority admittance and can check in for a class 30 minutes prior to class time. Drop-in visitors will be permitted entry 15 minutes before the start of the program if space permits. Ages 14+

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lengths @ ERC	7:30a-8:30a	6:30a-8:30a 1:00p-2:30p 8:00p-9:30p	12:00p-1:00p	6:30a-8:30a 1:00p-2:30p 8:00p-9:30p	12:00p-1:00p	6:30a-8:30a 2:30p-4:00p	7:30a-8:30a
Aquafit @ ERC	11:00a-11:45a	10:00a-10:45a 11:00a-11:45a 7:15p-8:00p	8:00a-8:45a 9:00a-9:45a 11:00a-11:45a 7:15p-8:00p	10:00a-10:45a 11:00a-11:45a 7:15p-8:00p	8:00a-8:45a 9:00a-9:45a 11:00a-11:45a 7:15p-8:00p	9:00a-9:45a 11:00a-11:45a	9:00a-9:45a
Spin H2O @ ERC	8:30a-9:15a		6:30p-7:15p		6:30p-7:15p	11:45a-12:30p	9:45a-10:30a
Pickleball @ MAE			10:15a-11:45a 7:15p-8:45p	3:00p-4:30p		10:30a-12:00p	
Walking Track (Free) @ ECSC	7:00a-9:00p	7:00a-9:00p	7:00a-6:00p	7:00a-9:00p	7:00a-9:00p	7:00a-9:00p	7:00a-9:00p

Drop-In + Membership Fees						Participate often? 10% off your visit! Buy 10 visits for the price of 9 on any of our drop-in programs. Pre-Register for Spin H2O! Call us to reserve your bike 519-776-7336 x 1052
Membership Type	1 Visit	1 Month	3 Months	6 Months	1 Year	
Lengths/ Pickleball	\$4.50	\$25.50	\$72.00	\$138.75	\$255.00	
Aquafit/ Spin	\$4.50	\$40.00	\$112.50	\$215.00	\$400.00	

*Training pool is available during Lengths + last few minutes of Aquafit.

ERC

Essex Recreation Complex
242 Talbot St N
519-776-7336 x 1052

MAE

Maedel Community Centre
25 Gosfield Townline W
519-776-7336 x 1052

ECSC

Essex Centre Sports Complex
60 Fairview St W
519-776-7336 x 1301