



# Drop-In Recreational Programs

March 22 – April 20, 2026

**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. Schedule is subject to change.

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Pickleball</b> @ MAE		9:30a-11:30a	1:00p-3:00p 7:30p-9:00p	9:30a-11:30a	9:30a-11:30a 7:30p-9:00p	9:30a-11:30a	
<b>Adult Yoga</b> @ HCCC				7:00-8:00p			
<b>Mama &amp; Me Fit</b> @ MAE						9:30a-10:15a	
<b>Zoomer Fit</b> @ MAE						10:15a-11:00a	
<b>Sit Fit</b> @ MAE						11:15a-12:00p	
<b>Walking Track (Free)</b> @ ECSC	7:00a-11:00p	7:00a-11:00p	7:00a-6:00p	7:00a-11:00p	7:00a-11:00p	7:00a-11:00p	7:00a-11:00p

Drop-In + Membership Fees						<b>Participate often?</b>  <b>10% off your visit!</b> Buy 10 visits for the price of 9 on any of our drop-in programs.
Membership Type	1 Visit	1 Month	3 Months	6 Months	1 Year	
<b>Pickleball</b>	\$5.00	\$27.50	\$77.00	\$150.00	\$275.00	

Yoga, Mama & Me, Zoomer/Sit/Walk Fit programs are registration based.  
Drop-ins available at \$10.00/visit.

**Maedel Community Centre (MAE)**  
25 Gosfield Townline W  
519-776-7336 x 1052

**Essex Centre Sports Complex (ECSC)**  
60 Fairview St W  
519-776-7336 x 1301

**Harrow & Colchester South Community Centre (HCCC)**  
243 McAfee St  
519-776-7336 x 1322

Please note possible changes to schedule for holidays and PA Days.  
Follow us online at [www.essex.ca](http://www.essex.ca) or at [facebook.com/TownofEssex](https://facebook.com/TownofEssex) for more information!