

HOPE & AREA RECREATION CENTRE

SPRING 2025 DROP-IN SCHEDULE



April - June

Schedules are subject to change without notice, contact facility to confirm.

RECEPTION HOURS

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|---------------|---------------|---------------|---------------|---------------|----------------|
| 10:00am-5:30pm | 6:00am-8:30pm | 8:00am-8:30pm | 6:00am-8:30pm | 8:00am-8:30pm | 6:00am-8:30pm | 10:00am-8:30pm |

AQUATICS

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------|----------------------------------|-------------------------------|----------------------------------|-------------------------------|----------------------------------|-------------------------------|
| Public Swim 12:00pm-5:00pm | Public Swim 6:30am-8:00pm | Public Swim 12:00pm-8:00pm | Public Swim 6:30am-8:00pm | Public Swim 12:00pm-8:00pm | Public Swim 6:30am-8:00pm | Public Swim 12:00pm-8:00pm |
| | Lane Swim 6:30am-10:30am | Lane Swim 6:00pm-8:00pm | Lane Swim 6:30am-10:30am | Lane Swim 6:00pm-8:00pm | Lane Swim 6:30am-10:30am | Lane Swim 6:00pm-8:00pm |
| | Blended Aquafit 1:30pm-2:30pm | | Blended Aquafit 1:30pm-2:30pm | | Blended Aquafit 1:30pm-2:30pm | |

FITNESS CLASSES

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---------------------------------------|-------------------------------------|---|--------------------------------------|---------------------------------------|----------|
| | Zumba Gold 9:15 am - 10:00 am | Yoga Lite 9:00 am - 10:00 am | | | Yoga Lite 9:00 am - 10:00 am | |
| | Forever Fit 10:30 am-11:30 am | Seated Zumba 10:30 am-11:15 am | Forever Fit 10:30 am-11:30 am | Seated Zumba 10:30 am-11:15 am | Forever Fit 10:30 am-11:30 am | |
| | | Get Up & Go 10:30 am-11:30 am | | | | |
| | Fitness Express 12:00 pm - 1:00 pm | Strength & Core 12:00 pm-12:45pm | Fitness Express 12:00 pm - 1:00 pm | Strength & Core 12:00 pm-12:45 pm | Fitness Express 12:00 pm - 1:00 pm | |
| | | Chair Yoga 1:30 pm - 2:15 pm | | | | |
| | Spin 5:30 pm - 6:30 pm | Zumba 5:30 pm - 6:30 pm | Cardio Kickboxing 5:30 pm - 6:30 pm | Spin Express 5:45 pm- 6:30 pm | | |
| | TRX 7:00 pm - 8:00 pm | Flow Yoga 7:00 pm - 8:00 pm | TRX 7:00 pm - 8:00 pm | Yin Yoga 7:00 pm - 8:00 pm | | |

CARDIO & WEIGHT ROOM

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|---------------------------------|---------------------------|---------------------------------|---------------------------|---------------------------------|---------------------------------|
| Open Gym 10:00am-5:00pm | Open Gym 6:00am-8:30 pm | Open Gym 8:00am-8:30pm | Open Gym 6:00am-8:30pm | Open Gym 8:00am-8:30pm | Open Gym 6:00am-8:30pm | Open Gym 10:00am-8:30pm |
| | Teen Gym (13+) 3:30pm-5:30pm | | Teen Gym (13+) 3:30pm-5:30pm | | Teen Gym (13+) 3:30pm-5:30pm | Teen Gym (13+) 1:00pm-4:00pm |

HOPE & AREA RECREATION CENTRE

SUMMER 2025 DROP-IN SCHEDULE

July - August



Schedules are subject to change without notice, contact facility to confirm.

RECEPTION HOURS & DROP IN SPORTS

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|---------------|---------------|---------------|---------------|---------------|----------------|
| 10:00am-5:30pm | 6:00am-8:30pm | 8:00am-8:30pm | 6:00am-8:30pm | 8:00am-8:30pm | 6:00am-8:30pm | 10:00am-8:30pm |

AQUATICS

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------|----------------------------------|-------------------------------|----------------------------------|-------------------------------|-----------------------------------|-------------------------------|
| Public Swim 12:00pm-5:00pm | Public Swim 6:30 am - 8:00 pm | Public Swim 12:00pm-8:00pm | Public Swim 6:30am-8:00pm | Public Swim 12:00pm-8:00pm | Public Swim 6:30am-8:00pm | Public Swim 12:00pm-8:00pm |
| | Lane Swim 6:30am-10:30am | Lane Swim 6:00pm-8:00pm | Lane Swim 6:30am-10:30 am | Lane Swim 6:00pm-8:00pm | Lane Swim 6:30am-10:30am | Lane Swim 6:00pm-8:00pm |
| | Blended Aquafit 1:30pm-2:30pm | | Blended Aquafit 1:30pm-2:30pm | | Blended Aquafit 1:30pm-2:30 pm | |

FITNESS CLASSES

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|------------------------------------|------------------------------------|---|------------------------------------|-----------------------------------|----------|
| | | Yoga Lite 9:00am - 10:00 am | | | Yoga Lite 9:00am- 10:00 am | |
| | Forever Fit 10:30am -11:30 am | Get up & Go 10:30am - 11:30 am | Forever Fit 10:30am -11:30 am | Seated Zumba 10:30am -11:15 am | Forever Fit 10:30am - 11:30 am | |
| | Fitness Express 12:00pm- 1:00pm | Strength & Core 12:00pm-12:45pm | Fitness Express 12:00pm - 1:00pm | Strength & Core 12:00pm-12:45pm | | |
| | | Chair Yoga 1:30pm - 2:15pm | | | | |
| | Spin 5:30 pm- 6:30 pm | | Cardio Kickboxing 5:30pm - 6:30pm | | | |
| | | Flow Yoga 7:00 pm- 8:00pm | | Yin Yoga 7:00pm - 8:00 pm | | |

CARDIO & WEIGHT ROOM

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|----------------------------------|---------------------------|----------------------------------|----------------------------|----------------------------------|---------------------------------|
| Open Gym 10:00am-5:00pm | Open Gym 6:00am-8:30pm | Open Gym 8:00am-8:30pm | Open Gym 6:00am-8:30pm | Open Gym 8:00 am-8:30pm | Open Gym 6:00am-8:30pm | Open Gym 10:00am-8:30pm |
| | Teen Gym (13+) 3:30pm-5:30 pm | | Teen Gym (13+) 3:30pm-5:30 pm | | Teen Gym (13+) 3:30pm-5:30 pm | Teen Gym (13+) 1:00pm-4:00pm |