

MEMBERSHIP

GOLD MEMBERSHIPS - YOUTH & ADULT

YOUTH GOLD MEMBERSHIP


SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Youth Gym Open 1:00-4:00pm		Youth Gym Soccer 5:00-7:00pm		Youth Gym Basketball 5:00-7:00pm		Youth Gym Basketball 5:00-7:00pm

YOUTH GYM: Come by the Accora Centre for our supervised Sports Drop-In program. Some nights have a set sport; others are open for the sport of your choice. Ages: 11-15

ADULT GOLD MEMBERSHIP

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Adult Gym Badminton 9:00-12:00pm	 Conditioning 6:30-7:00am	 Pilates/Yoga 6:30-7:00am	 Straight Sculpt 6:30-7:00am	 Pilates/Yoga 6:30-7:00am	 All Around Step 6:30-7:00am
		 Express 7:30-8:00am	 Express 7:30-8:00am	 Express 7:30-8:00am	 Express 7:30-8:00am	 Express 7:30-8:00am
		 Pilates/Yoga 12:15-12:45pm	 Transitions 45+ 10:00-10:30am	 Pilates/Yoga 12:15-12:45pm		
		 Express 1:00-1:30pm	 Express 1:00-1:30pm	 Express 1:00-1:30pm	 Express 1:00-1:30pm	 Express 1:00-1:30pm
		 Straight Sculpt 3:00-3:30pm	 All Around Step 3:00-3:30pm	 Pilates/Yoga 3:00-3:30pm	 Conditioning 3:00-3:30pm	 Kickboxing Conditioning 3:00-3:30pm
		 Kickboxing Conditioning 7:15-8:00pm	 Conditioning 6:00-6:45pm	 Straight Sculpt 7:00-7:30pm	 Zumba 6:00-6:45pm	
Adult Gym Open 7:00-9:00pm	Adult Gym Soccer 7:00-9:00pm	Adult Gym Open 8:00-10:00pm	Adult Gym Soccer 8:00-10:00pm	Adult Gym Basketball 8:00-10:00pm	Adult Gym Badminton 8:00-10:00pm	Adult Gym Basketball 8:00-10:00pm

ADULT GYM: Come by the Accora Centre every night of the week for our Sports Drop-In program. Some nights have a set sport; others are open for the sport of your choice.

 **WELLBEATS™:** is a virtual fitness platform that offers hundreds of classes taught by various instructors. We've programmed a variety of classes to meet the needs of adult members. Join us in achieving your fitness goals at any class that fits your schedule! Can't make one of our scheduled classes? Anytime we aren't running a class enjoy the flexibility of selecting a class that is right for you from our kiosk.

PROGRAMS: Date Night is a program included with your Adult Gold membership. For more information, check out the Program page or visit accoravillage.com