Sonora Community Centre Drop-In Schedule

October 13 – December 19, 2026

Updated October 5, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight Room 8:30am-8:45pm	Weight Room 8:30am-8:45pm	Weight Room 8:30am-8:45pm	Weight Room 8:30am-8:45pm	Weight Room 8:30am-8:45pm	Weight Room 9:00am-3:45pm
Mobility & Core 8:45am-9:45am	Total Body Fit 8:45am-9:45am	Mobility & Core 8:45am-9:45am	Total Body Fit 8:45am-9:45am	Circuit Training 8:45am-9:45am	Groove It! 9:15am-10:15am
Walk Fit 10:00am-11:00am	Private Booking 10:30am-11:30pm	Stay Strong with Louise 10:00am-11:00am	Parent 'n Tot 10:30am-12:00pm	Walk Fit 10:00am-11:00am	Recreation Program 10:30am-11:00am
Adult Advance Drop-in Pickleball 11:30am-1:00pm	Adult Novice Drop-in Pickleball 12:30pm-2:30pm	Adult Advance Drop-in Pickleball 11:30am-1:00pm	Adult Novice Drop-in Pickleball 12:30pm-2:30pm	Adult Advance Drop-in Pickleball 11:30am-1:00pm	Adult All Levels Drop-in Pickleball 11:30am-1:00pm
Adult Intermediate Drop-in Pickleball 1:00pm-2:30pm	Youth Toonie Drop-in Gym (ages 9-14) 3:00pm-5:00pm	Adult Intermediate Drop-in Pickleball 1:00pm-2:30pm	After School Programs 2:45pm-4:00pm	Adult Intermediate Drop-in Pickleball 1:00pm-2:30pm	Youth Drop-in Basketball 1:30pm-3:30pm
Youth Drop-in Basketball 3:00pm-5:00pm	Groove It! 5:30pm-6:30pm	After School Programs 2:45pm-4:00pm	Youth Drop-in Basketball 4:15pm-5:15pm	Youth Drop-in Basketball 3:00pm-5:30pm	
HIIT 5:15pm-6:15pm	Adult Drop-in Soccer 6:45pm-8:45pm	HIIT 5:15pm-6:15pm	Groove It! 5:30pm-6:30pm	Adult All Levels Drop-in Pickleball 6:00pm-8:45pm	
Adult Volleyball League 6:45pm-8:45pm		Adult Volleyball League 6:45pm-8:45pm	Adult Drop-in Basketball 6:45pm-8:45pm		

Times are subject to change without notice and may be cancelled due to facility bookings.
Facility rates, rules and guidelines are on the back.

FEES AND CHARGES* *(taxes included)*

	Adult	Senior	Youth/Student
Drop-In	$7.50	$6.50	$6.50
10 Punch Pass	$70.00	$60.00	$60.00
1 Month Pass	$56.50	$51.00	$51.00
3 Month Pass	$136.00	$115.00	$115.00
6 Month Pass	$235.00	$198.50	$198.50
Annual Pass	$427.50	$344.50	$344.50

A family will consist of up to two adults and their children under the age of 19 living in the same household. All passes include access to the weight room, drop-in sports, squash courts, and select drop-in fitness classes. All Annual Passes will include access to select programs at the Sonora Community Centre at a reduced price.
***Rates will be adjusted annually to reflect the Canadian Price Index effective June 1.**

AGES

Youth/Student 13–18 years or over 18 with valid Student Card
Adult 19–59 years
Senior 60 years+

GENERAL RULES AND GUIDELINES

* Weight room is open for persons **ages 16 years and older**. Youth ages 13-15 years may be permitted under the supervision of an adult 19 years or older. Alternatively, youth 12-15 years may be permitted without adult supervision once they have successfully completed a Youth Weight Room Orientation. Please contact the Sonora Community Centre for more information.
* Please check in at front desk BEFORE entering fitness classes, weight room or gym.
* Proper footwear is required. Please use **clean, closed toed, athletic type shoes** while using the weight room or gym.
* Please be respectful of staff and other facility users.
* Staff reserves the right to refuse entry. Persons found not following the rules and guidelines may be asked to leave.
* Drop-in sports are open to those 12 years and older unless otherwise specified as an adult drop-in.
* Youth under 12 may be permitted under the supervision of someone 16 years or older.
* Children under 7 must be under the direct supervision of a caregiver. Staff are not responsible for children left unattended in the building.

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