



# SPRING 2024 PROGRAM GUIDE

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## General information

### FACILITY SPRING HOURS (May - July)

Monday to Friday                      6 a.m. – 10:30 p.m.  
Saturday & Sunday                    8 a.m. – 8 p.m.



Check out [smufit.ca](http://smufit.ca) for our holiday hours, closures, and any updates.

## Staff Directory

Homburg Centre for Health & Wellness	Front Desk	902-420-5555
Director of Athletics & Recreation	Scott Gray	902-420-5427
Assistant Director, Athletics & Recreation	Greg Knight	902-420-5425
Administrative Manager	Karen Habib	902-420-5429
Facility Scheduler	Linda Gould	902-420-5440
Fitness Coordinator	Lindsay McFarlane	902-420-5556
Life Mark Physiotherapy Clinic	General Information	902-420-5061

## Free Recreation Services

<b>Group Fitness Classes</b>	SMUfit offers over 30 group fitness classes per week that are free with your membership.	Go to <a href="http://athletics.smu.ca">athletics.smu.ca</a> to register for our group fitness classes.
<b>Drop-in Sports</b>	SMUfit offers drop-in sports throughout the day as well as open gym time that are free with your membership.	Check out <a href="http://smufit.ca">smufit.ca</a> or call 902-420-5555 for availability or ask the Front Desk for availability
<b>Squash Courts</b>	Available with any of our Plus Memberships.	Reserve your court online at <a href="http://athletics.smu.ca">athletics.smu.ca</a>

\* Prices do not include HST

	SMUfit Basic		SMUfit Plus		
	4 month (\$240*)	1 year (\$600*)	1 month (\$85*)	4 month (\$288*)	1 year (\$720*)
Drop-in group fitness classes	✓			✓	
Access to all fitness rooms, including steam and sauna	✓			✓	
20% discount on registered programs + personal training	✓			✓	
Drop-in sports	✓			✓	
Outdoor track	✓			✓	
Change rooms with day use lockers & showers	✓			✓	
Day pass(s)	<b>1</b>			<b>2</b>	
Towel service				✓	
Half locker rental				✓	
Parking pass				✓	
Squash courts				✓	

	Family Basic		Family Plus		
	4 month (\$480*)	1 year (\$1200*)	1 month (\$170*)	4 month (\$576*)	1 year (\$1440*)
Drop-in group fitness classes	✓			✓	
Access to all fitness rooms, including steam and sauna	✓			✓	
20% discount on registered programs + personal training	✓			✓	
Drop-in sports	✓			✓	
Outdoor track	✓			✓	
Change rooms with day use lockers & showers	✓			✓	
Day pass(s)	<b>1</b>			<b>2</b>	
Towel service				✓	
Half locker rental				✓	
Parking pass				✓	
Squash courts				✓	

#### ADD-ON OPTIONS for Basic Membership Package

**Towel service**  
(\$3/day, \$25/month, \$200/year)

**Half locker rental**  
(\$25/month, \$75/4 months, \$175/year)

**Parking**  
(\$42.75/month)

#### MULTI USE PASSES

**5 Punch Pass** - \$50 +HST

**10 Punch Pass** - \$89.25 +HST

**Day Pass** - \$11.55 +HST

# SMUFit's Pilates Studio

SMUfit's Pilates Studio is fully equipped with top-of-the-line Stott Pilates equipment and props that help instructors to focus on postural alignment and engaging sequential exercises.

Get started with our Starter Package or chose one of many package options to experience the benefits that Pilates can bring to your life. Package and Drop In options allow clients to attend any class on the schedule (within the ability level of the client).

Purchase either in person at the Homburg Centre Front Desk OR over the phone (902-420-5555) with Visa, Mastercard or American Express.

To see our full schedule of class offerings and book a maximum of 7 days in advance go to: [athletics.smu.ca](http://athletics.smu.ca)

*\* Prices do not include HST*

## Starter Package

This package is designed especially for those new to SMUfit Pilates. Included are two private lessons, and three group equipment classes. This allows you to become acquainted with both the equipment and the way in which we want you to move. It also allows you to experience the variety of class options available at SMUfit.

**Member = \$167 | Non-Member = \$209**

### Individual/Duet Lessons

Sessions	Member	Non-Member	Description
<b>Individual</b>	\$72	\$90	Personalized one on one private lesson with access to the complete studio.
<b>6 Private Sessions</b>	\$408	\$513	6 one on one private lessons with access to the complete studio.
<b>12 Private Sessions</b>	\$780	\$972	12 one on one private lessons with access to the complete studio.
<b>Duet</b>	\$87	\$109	Two on one private lesson with access to the complete studio.

### Group Class Pricing

Classes	Member	Non-Member (Per Person)	Description
<b>Drop In</b>	\$25	\$25	Drop in to try out one of our many class options
<b>Package of 6</b>	\$108	\$135	Packages are flexible and any class on the schedule can be attended, (within the ability level of the client)
<b>Package of 12</b>	\$194	\$237	Make a bigger commitment and save per class!

# Group Mat Pilates Classes

## Mat Pilates - Beginner

This is a Contemporary Pilates Mat class for Beginners and people who want to emphasize proper postural alignment, core stabilization, muscle balance and control at an easier pace.

Thursdays	9:30-10:30am	Studio A	<b>Instructor:</b> Ocean
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## Mat Pilates – Intermediate/Advanced

Join us on the mat for this Intermediate/Advanced level contemporary Pilates mat class. The instructor uses small props to increase the challenge and connection to each exercise. These classes emphasize proper postural alignment, core stabilization, muscle balance and control. Be ready to burn your core!

Beginners and people who are new to our studio must have approval from the instructor before joining an Intermediate/Advanced class.

Mondays	9:15-10:15am	Studio A	<b>Instructor:</b> Jackie
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## NEW! Mat Pilates – All Levels

This is a Classical Pilates mat series with exercises designed by Joseph Pilates himself. This series includes everything you need in a workout and will improve your core strength as well as all over strength, balance, and control. Mat Pilates is a great way to improve your posture and balance as well as strengthen and improve your spine, eliminating back pain. Suitable for beginners, long-time practitioners, and anything in between.

Tuesdays	5:15-6:15pm	Studio A	<b>Instructor:</b> Annie
Sundays	11:00-12:00pm	Studio A	<b>Instructor:</b> Annie

## Pilates Strength – All Levels

This Pilates Workout is a full body workout adhering to the Pilates Principles of alignment. This class will incorporate heavier weights to build muscle while paying specific attention to form. While the traditional Pilates classes are designed to build long lean muscles, this class is designed to build power and strength.

Tuesdays	8:30-9:30am	Studio A	<b>Instructor:</b> Ocean
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## Pilates 4 Seniors

This Senior Mat Pilates class focuses on precision movements, strength, balance, and control allowing participants to move a little slower to focus on finding form. This class is suitable for adults and seniors (55+).

Mondays	10:30-11:30am	Studio A	<b>Instructor:</b> Jackie
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# Group Reformer Pilates Classes

## Reformer Pilates - Beginner

This is a contemporary Reformer Pilates class involving a creative reformer series expanding on the repertoire of Joseph Pilates principles of movement. Whether you are new to the Pilates Reformer, just starting group classes, or intermediate needing a review of some basics, this is the class for you. Move slowly and ask questions in this beautifully designed level 1 class.

Tuesdays	9:30-10:30am	Studio B	<b>Instructor:</b> Ocean
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## Reformer Pilates – All Levels

This is a contemporary Reformer Pilates class involving a creative reformer series expanding on the repertoire of Joseph Pilates principles of movement. Whether you are new to the Pilates Reformer, just starting group classes, or intermediate, this class is adapted to who ever is in the room. Suitable for all levels.

Thursdays	10:40-11:40am	Studio B	<b>Instructor:</b> Ocean
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## Reformer Pilates – Intermediate/Advanced

This is a contemporary Pilates Reformer class involving creative reformer series' while following Joseph Pilates principles of movement. Every class will be a bit different. These classes build strength, stamina, coordination, and postural alignment.

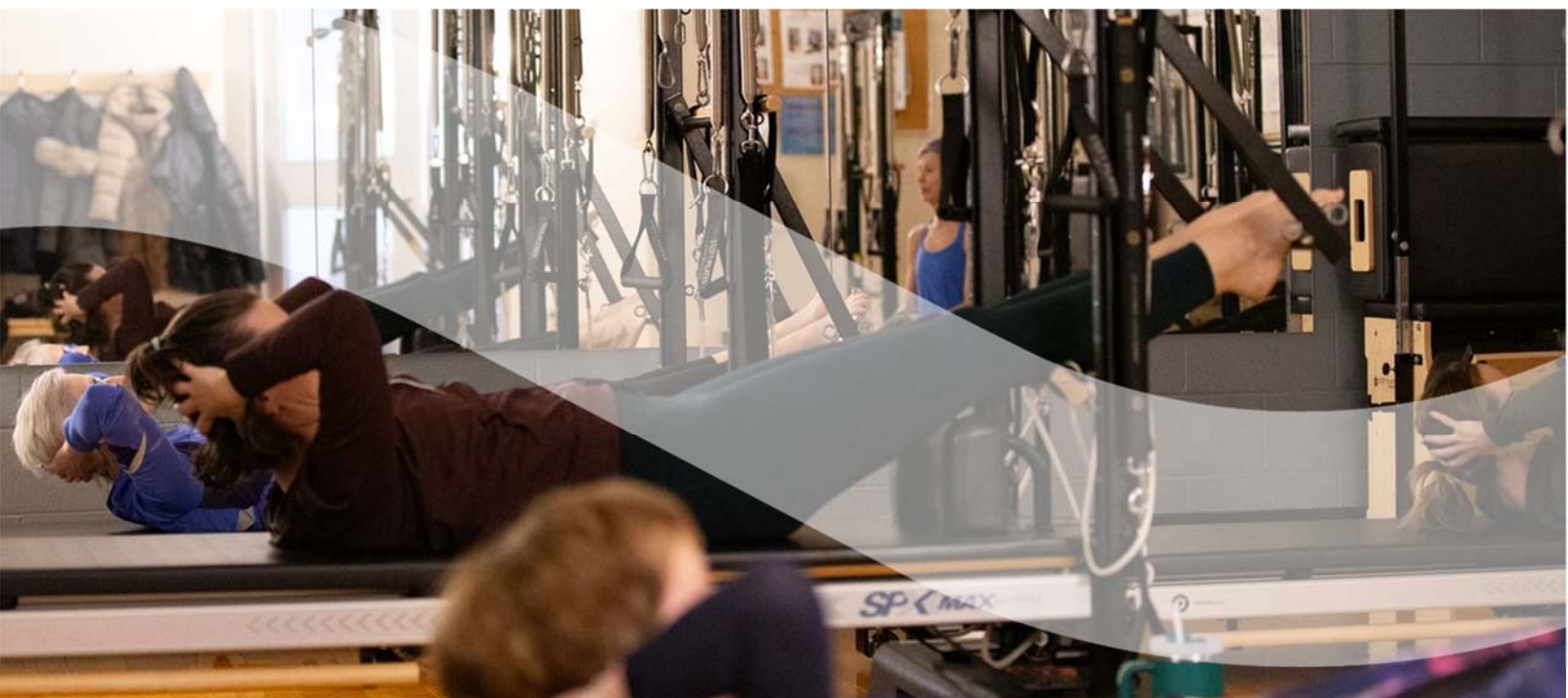
Beginners and people who are new to our studio must have approval from the instructor before joining an Intermediate/Advanced class.

Wednesdays	9:15-10:15am	Studio B	<b>Instructor:</b> Jackie
Thursdays	9:15-10:15am	Studio B	<b>Instructor:</b> Jackie
Fridays	9-10am	Studio B	<b>Instructor:</b> Ocean

## Pilates Equipment Circuit – All Levels

This circuit-style class allows you to move through the different pieces of Pilates equipment including: the Wunda Chair, Cadillac, Reformer, and box. The instructor will breakdown the exercises on each piece encouraging you to think about the relationship between your feet, pelvis, and spine.

Fridays	10-10:40am	Studio B	<b>Instructor:</b> Ocean
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# Registered Programs

Register either in person at the Homburg Centre Front Desk OR over the phone (902-420-5555) with Visa, Mastercard or American Express.

Note: Below prices do not include taxes | A refund will be issued to you if the program is cancelled due to low registration | No other refunds are permitted

## Pickleball Foundations

**[April 27 – June 1]**

Join Halifax's certified Pickleball Instructors for a comprehensive and structured program designed to introduce beginners or novice players to the rules and techniques to master the fundamentals of one of the worlds fastest growing sports! Whether you've never held a pickleball paddle before or have limited experience, this program is tailored to help you build the necessary skills, knowledge, and confidence to enjoy this fast-paced and social game.

Registration opens April 2nd and will remain open until April 25th. This program will run for 6 weeks starting on April 27th, 2024.

**Member/ Student = \$67 | Non-Member = \$80**

Saturday's	1-2pm	Court B – Main Gymnasium	<b>Instructors:</b> Paul & Michael
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## Intermediate Pickleball

**[May 2 – June 13]**

**Member/ Student = \$ 100 | Non-Member = \$119.9**

This Intermediate Pickleball Program is for players who know the basic shots, elementary tactics and rules of the game but want to learn more about this great sport and play at a higher level. Focusing mainly on doubles, Pickleball participants will be introduced to more advanced concepts through drills and "in-game" situations.

Registration opens April 2nd and will remain open until April 30th. This program will run for 6 weeks starting on May 2nd, 2024. **NO CLASS on May 30<sup>th</sup>.**

Thursday's	5:30pm-7pm	Court B – Main Gymnasium	<b>Instructors:</b> Paul & Michael
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## Private Pickleball Sessions

For anyone looking to improve their pickleball game quickly through one-on-one instruction. Join our qualified pickleball coach for customized lessons designed to suit your needs and your schedule. These sessions can be private or offered to pairs or a group of 3-4 players.

Private/Semi-Private/Small Group Lessons			
Sessions	Member (Per Person)	Non-Member (Per Person)	Description
Private (one on one)	\$35	\$42	Personalized One on One private lesson with a qualified Pickleball Instructor.
Semi-Private (two on one)	\$28	\$33.5	Two on one private lessons with a qualified pickleball instructor.
Small Group (3-4 people)	\$23	\$27	Private lesson for a group of 3-4 people with a qualified pickleball instructor.

## Pickleball Workshops

### Pickleball 101

Pickleball is a fun and fast-growing sport that combines elements of tennis, badminton, and ping pong. Whether you're new to the game or looking to improve your skills, this workshop will introduce you to the fundamentals of pickleball and provide you with the knowledge and techniques to enjoy the game to the fullest. By the end of this "Pickleball 101" workshop, you'll have a solid understanding of the game, be equipped with essential skills, and be ready to have a blast on the pickleball court! Let's play some pickleball!

**Member/ Student = \$44 | Non-Member = \$53**

Saturday	May 11th	2:15-4:15pm	Gym, Court B	<b>Instructors:</b> Paul Kelly and Michael Lanuevo
Tuesday	June 11th	5:30-7:30pm	Gym, Court B	<b>Instructors:</b> Paul Kelly and Michael Lanuevo



## Latin Partner Dance

[May 6 – June 17]

### Salsa

This 6-week Salsa program is perfect whether you are a complete beginner, or a more experienced dancer. Salsa is the most popular of all Latin dance styles for a good reason. This program starts slowly with the basics and progresses each week focusing on technique and tricks to keep the dance fun even as a beginner.

**Member/ Student = \$49 | Non-Member = \$60**  
**{NO Class on May 20<sup>th</sup>}**

Mondays	8:30pm-9:30pm	Studio A	<b>Instructors:</b> Abdel Loukan
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### Sensual Bachata

This is a sensual dance style of Bachata popular in Europe. Partner up through this 6 week dance program, starting with the basics and progressing to intermediate movements. This program will focus on body movements, energy and man & lady styling. You'll be ready to step onto any floor and dance Bachata with confidence. Perfect for beginners and people who want to upgrade their sensual dance style.

**Member/ Student = \$49 | Non-Member = \$60**  
**{NO Class on May 20<sup>th</sup>}**

Mondays	7:15pm-8:15pm	Studio A	<b>Instructors:</b> Abdel Loukan
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## Try a Class for FREE!

For anyone interested in trying out our Latin Dance programs prior to registering, see our FREE trial classes below:

### Salsa

Monday	April 29th	8:30pm-9:30pm	Studio A	<b>Instructors:</b> Abdel Loukan
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### Sensual Bachata

Monday	April 29th	7:15pm-8:15pm	Studio A	<b>Instructors:</b> Abdel Loukan
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## Heart 4 Life

### Included in Heart for Life Membership

This program is 1.5hrs twice a week for anyone who has undergone a heart episode and wants to join a community of like-minded individuals. During each class professionals will take and track your heart rate and blood pressure. Personal Trainers will take you through a strength training circuit and the group will chose to do some cardio of choice.

Mondays & Wednesdays [All Year]	6-7:30pm	Community Room & Fitness Centre	<b>Instructors:</b> Zena & Mikaela
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## Karate

[April 9 – June 27]

The Saint Mary's University Shotokan Karate Club offers the opportunity for members to learn the art of Shotokan karate in an enjoyable, inclusive class atmosphere. The SMU dojo has a strong sense of community where self-respect and respect for others is fostered while members work towards their goals of greater confidence, fitness, coordination, self-defence, or to pursue karate for competitive aims.

### Karate – Intermediate/Advanced

Intermediate and Advanced members will perform free sparring where students are able to perform any number of combinations of attack and defense against their opponent. We support members who wish to pursue Karate for traditional training and fitness, but also those who would like to excel in Karate as a competitive sport.

Please contact: [shannon.doane@smu.ca](mailto:shannon.doane@smu.ca) with any questions or visit [universitykarate.ca](http://universitykarate.ca)

Registration opens April 2nd. This program will run for 12 weeks starting on April 9, 2024.

**Member/ Student = \$65 | Non-Member = \$110**

Tuesday's & Thursday's	6:30-8:00pm	Community Room	<b>Instructors:</b> Shannon & Andrew
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## Group Fitness Classes

All Group Fitness Classes are FREE with Membership or the purchase of a Day pass. Please show up a minimum of 5min prior to the class start time to get checked in with the instructor. Class registration opens 72hrs prior to the class start time. To book for a class and reserve your spot, go to [athletics.smu.ca](http://athletics.smu.ca).

### Mind & Body

#### Yoga

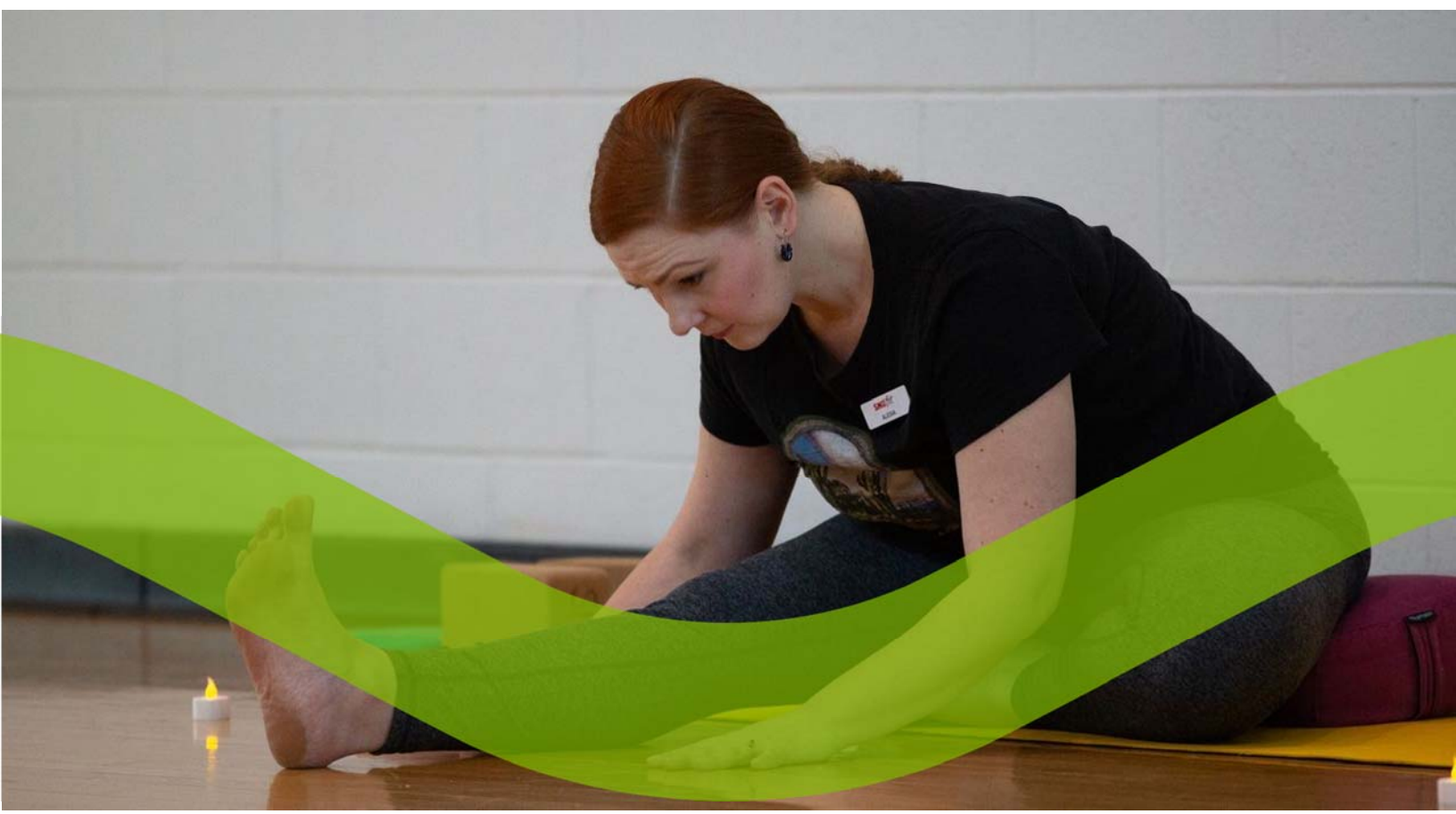
Good for those who want flexibility and relaxation. Elongate, strengthen, and stretch your way to better health with this breath focused flow.

Mondays	12:15-1pm	Studio A	<b>Instructor:</b> Sonja
Mondays	5-6pm	Studio A	<b>Instructor:</b> Ash
Tuesdays	12:15-1pm	Studio A	<b>Instructor:</b> Ash
Tuesdays	6:30-7:30pm	Studio A	<b>Instructor:</b> Annie
Fridays	1-1:45pm	Studio A	<b>Instructor:</b> Sonja
Saturdays	11am-12pm	Studio A	<b>Instructor:</b> Anna
Sundays	4-5pm	Studio A	<b>Instructor:</b> Sonja

#### Gentle Yoga

This Gentle Yoga class is suitable for anyone wanting to stretch, breath and relax. This is the perfect class for beginners, seniors and anyone requiring a modified program.

Thursdays	9:30-10:30am	Studio A	<b>Instructor:</b> Alesia
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## Cardio

### Spin

Get on your bikes and ride! This class uses Keiser spin bikes to give you the best low impact cardio workout around. Burn calories and have a blast doing it throughout this interval style spin workout. Enjoy hills and valley's all from the comfort of our studio. If you are new to spin, please arrive early to be sized for your bike. Spin classes do not require bike reservation. Arrive early to secure your bike.

Tuesdays	6:15-7am	Studio C	<b>Instructor:</b> Anne
Wednesdays	6:15-7am	Studio C	<b>Instructor:</b> Donna

### Zumba

Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party! Follow along to the beat of the music and learn a few new dance moves while simultaneously getting a cardio workout. You will be having so much fun you won't even realize how hard you worked!

Mondays	7-8pm	Studio C	<b>Instructor:</b> Leticia
Wednesdays	7:30-8:30pm	Studio C	<b>Instructor:</b> Tina



## Strength & Conditioning

### Body Sculpt

Abs, Legs and more with a new attitude - this class uses tubing, weights, bars, balls, balance boards, and more. Body Sculpt allows you to move to the music for a full body high repetition workout designed to tone your muscles and improve endurance. Join this high energy workout and leave with a smile on your face.

Tuesdays	9:30-10:15am	Studio C	<b>Instructor:</b> Zena
Wednesdays	6:30-7:15pm	Studio C	<b>Instructor:</b> Zena
Thursdays	5:15-6:00pm	Studio C	<b>Instructor:</b> Zena
Fridays	9:30-10:15am	Studio C	<b>Instructor:</b> Zena

### Gentle Fitness

This class is a mix of endurance, mobility, and stability without the stress on your joints. This total body, low-impact workout combines cardio, resistance, and balance exercises. Suitable for beginners, seniors and anyone requiring a modified program.

Mondays	9:30-10:15am	Studio C	<b>Instructor:</b> Zena
Wednesdays	9:30-10:15am	Studio C	<b>Instructor:</b> Zena

### Heart & Muscle

This choreographed heart pumping class is a combination of low impact cardio and resistance training. You will leave feeling worked from head to toe while also getting your cardio in! Have fun working out to the beat in this fun and energetic class.

Sundays	9:30-10:30am	Studio C	<b>Instructor:</b> Zena
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### Core Strength

This class focuses on core conditioning, stabilization, and strength through a variety of exercises. Be prepared to work on proper movement, challenge your core and feel the burn through core targeting compound movements and mat exercises.

Thursdays	12:15-1pm	Studio C	<b>Instructor:</b> Lindsay
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### Synergy Circuit

Join us for a challenging, fun, and inviting new workout on our "adult playground", the Synergy 360! This circuit training workout combines both strength and conditioning stations using a variety of equipment both on and around the Synergy to develop muscular strength and endurance, with an emphasis on functional movement and proper execution. Burn calories while toning arms, legs, abs and glutes with this team training style workout!

Wednesdays	12:15-1pm	Cardio Room	<b>Instructor:</b> Rick
Fridays	12-12:45pm	Cardio Room	<b>Instructor:</b> Sonja

### Strong 45

Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. Each class burns calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

Thursday	6:15-7am	Studio C	<b>Instructor:</b> Bobi
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## Total Body HIIT

An action-packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle. Push yourself past your limits with this high intensity full body workout!

Mondays	6:15-7am	Studio C	<b>Instructor:</b> Bobi
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\*Classes are subject to change and will always be up to date on our reservation site: [athletics.smu.ca](http://athletics.smu.ca)





# Personal Training

Purchase your sessions in person at the Front Desk or over the phone at 902-420-5555.

Are you ready to get on track with your fitness goals and overall health? Look no further than SMU*fit* Personal Training. Consultation and Assessment is included in all Personal Training Packages.

For more information or to schedule a free consultation, email our Fitness Coordinator, [Lindsay McFarlane](mailto:lindsay.mcfarlane@smu.ca), [lindsay.mcfarlane@smu.ca](mailto:lindsay.mcfarlane@smu.ca)

*\*Taxes not included*

INDIVIDUAL PERSONAL TRAINING			
Package	Member (Per Person)	Non-Member (Per Person)	Description
<b>4 Sessions</b>	\$60 per session/ \$240 total	\$72 per session/ \$288 total	4, 1hr private sessions, with personalized programming, consultation, and assessment
<b>8 Sessions</b>	\$55 per session/ \$440 total	\$66 per session/ \$528 total	8, 1hr private sessions, with personalized programming, consultation, and ongoing assessment
<b>12 Sessions</b>	\$50 per session/ \$600 total	\$60 per session/ \$720 total	12, 1hr private sessions, with personalized programming, consultation, and ongoing assessment
<b>24 Sessions</b>	\$48 per session/ \$1,152 total	\$57.6 per session/ \$1,382 total	24, 1hr private sessions, with personalized programming, consultation, and ongoing assessment

BUDDY PERSONAL TRAINING (2 people)			
All the benefits of personal training, with a buddy! (Pricing is per person)			
Package	Member (Per Person)	Non-Member (Per Person)	Description
<b>4 Sessions</b>	\$38 per session/ \$153 total	\$46 per session/ \$183 total	4, 1hr semi-private sessions, with personalized programming, consultation, and assessment
<b>8 Sessions</b>	\$33 per session/ \$264 total	\$40 per session/ \$317 total	8, 1hr semi-private sessions, with personalized programming, consultation, and ongoing assessment
<b>12 Sessions</b>	\$30 per session/ \$360 total	\$36 per session/ \$432 total	12, 1hr semi-private sessions, with personalized programming, consultation, and ongoing assessment
<b>24 Sessions</b>	\$28 per session/ \$672 total	\$34 per session/ \$816 total	24, 1hr semi-private sessions, with personalized programming, consultation, and ongoing assessment



# Nutrition Services

Purchase our Nutrition Services in person at the Front Desk or over the phone at 902-420-5555. For more information, contact Registered Dietitian, Madison Lawrie, RD.: [madisonlawrie.rd@gmail.com](mailto:madisonlawrie.rd@gmail.com)

NUTRITION OFFERING	PRICE	DESCRIPTION
Initial Consultation	\$95*	1hr consultation with a Registered Dietitian.
Follow up Consultation	\$63*	30min follow up session with a Registered Dietitian.
Nutrition Starter Pack	\$195*	Initial 1hr consultation and two 30min follow up sessions.

# Squash Information

There are a very active group of squash players at all levels. New and experienced players can meet other players through the many activities organized at the courts.

## Squash clubs and leagues

SMUfit coordinates with 5 different squash groups to ensure that our facility is offering a variety of organized league options. Please see our league schedule below.

For more information about league play please email: [squash@smu.ca](mailto:squash@smu.ca).

LEAGUE	DAYS	TIME	COURTS
Junior Squash	Saturday's & Sunday's	9-11am	3&4
	Sunday's	1-3pm	3&4
Club Night	Friday's	6-10pm	1&2

## Squash Court Bookings

Call 902-420-5555. Members with a SMUfit Plus membership may book courts up to a week in advance through [athletics.smu.ca](http://athletics.smu.ca). Day Pass & Multi Pass Users can book courts the day of play. Multi Use Pass users cannot use squash courts during prime time, which is Mon-Fri from 4pm to close, unless playing in a league program.

## Squash Nova Scotia:

If you want the most recent news on squash in Nova Scotia, a complete list of the upcoming seasons' tournaments in Atlantic Canada, results and information about all the city leagues, info about other squash clubs in the province and the most up to date list of provincial rankings, please visit [squashns.ca](http://squashns.ca).



## Drop-In Sports

SPORT	DAYS	TIME	LOCATION
Basketball	Mon & Wed	6pm-7:30pm	Gymnasium, Court A
Badminton	Tues & Thurs	1pm-2pm	Gymnasium, Court B
Pickleball	Fri	2pm-3:30pm	Gymnasium, Court B

**NOTE:** Table Tennis is now available anytime we are open in the upstairs lobby area. Check out your ball and paddles at the Programs and Services desk.

We recommend checking the [athletics.smu.ca](https://athletics.smu.ca) calendar or checking with the front desk before coming for any drop-in sports as times and locations are subject to change.

For more information, email our Fitness Coordinator at [Lindsay.mcfarlane@smu.ca](mailto:Lindsay.mcfarlane@smu.ca)

