

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 11:00 am Family Open Gym 3:00 pm Pickleball 18+
3	4	5 9:30 am Chair Yoga with Melinda 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-17) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips with Kara 7:45 pm Full Body Slow Flow with Kara	6 4:30 pm Music, Market and Park It featuring 4 Ounce Pour 7:00 pm Man Stretch - Yoga for Men with Megan	7 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17)	8 9:00 pm Movies in the Park featuring Migration	9 11:00 am Family Open Gym 3:00 pm Pickleball 18+
10	11 10:00 am Gentle Yoga with Melinda 6:00 pm Pickleball 18+	12 9:30 am Chair Yoga with Melinda 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-17) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips with Kara 7:45 pm Full Body Slow Flow with Kara	13 9:00 am Gentle Yoga with Melinda 4:30 pm Music, Market and Park It featuring Hayley Verrall 7:00 pm Man Stretch - Yoga for Men with Megan	14 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17)	15 9:00 pm Movies in the Park featuring Despicable Me 4	16 11:00 am Family Open Gym 3:00 pm Pickleball 18+
17	18 10:00 am Gentle Yoga with Melinda 6:00 pm Pickleball 18+	19 9:30 am Chair Yoga with Melinda 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-17) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips with Kara	20 9:00 am Gentle Yoga with Melinda 4:30 pm Music, Market and Park It featuring The Hired Hitmen 7:00 pm Man Stretch - Yoga for Men with Megan	21 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17)	22	23 11:00 am Family Open Gym 3:00 pm Pickleball 18+

		7:45 pm Full Body Slow Flow with Kara				
24	25 10:00 am Gentle Yoga with Melinda 6:00 pm Pickleball 18+	26 9:30 am Chair Yoga with Melinda 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-17) 6:00 pm Pickleball 18+ 6:30 pm Hatha Yoga for Tight Hips with Kara 7:45 pm Full Body Slow Flow with Kara	27 9:00 am Gentle Yoga with Melinda 7:00 pm Man Stretch - Yoga for Men with Megan	28 1:00 pm Pickleball 18+ 4:30 pm Youth Open Gym (ages 9-12) 6:00 pm Youth Open Gym (ages 13-17)	29	30 11:00 am Family Open Gym 3:00 pm Pickleball 18+
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<https://events.westlincoln.ca>