

Fitness Schedule

Al Palladini Fitness Centre 9201 Islington Avenue, Woodbridge | 905.832.8564

Hours of Operation	
Monday-Thursday	5:30am-10:30pm
Friday	5:30am-10pm
Saturday & Sunday	7am-6:30pm
Summer Hours	
Saturday & Sunday	7am-5pm

Winter 2019

Fitness Centre Closure: June 2019

Class descriptions on reverse. Schedules and instructors are subject to change.

Effective: January 2, 2019 | Revised: December 7, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Early Bird

6-6:45am Spin Angelo	6-7am Yoga Vanessa	New 6-7am Spin Strong Rob	Alternating classes 6-7am Yoga Paula 6-6:30am CIRC-HIIT Angelo New	6-6:45am Spin Oliver/Rachel		
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Morning

8:30-9:15am Spin Teri	New 8:45-9:30am CIRC-Step Paula	8:30-9:15am Spin Rachel	New 8:45-9:30am Cardio Kickbox Paula	9:15-10am Spin Oliver		New 8-8:45am Spin Sheri
9:15-10:15am Boot Camp Oliver	9:15-10am Spin Sheri	9:15-10:15am Drumline Teri		9-10am Circuit Step Sheri/Julie	9-9:45am Spin Teri	New 9-10am Yoga Victoria
	9:35-10:35am Yoga Clare		9:35-10:35am TBC Chris	10:05-11:05am Yoga Vincenza/Vanessa	9-10am Boot Camp Rob	

Evening

New 6:30-7:15pm Spin Strong Jan	6-7pm Boot Camp Chris		6-6:45pm TBC Oliver			
7-8pm Boot Camp Cassandra	7-7:45pm Spin Teri		7-8pm Drumline Teri			
	7:15-8:15pm Yoga Victoria/Vincenza	7-8pm Zumba Mariela				

Fitness Centre Fees

Single Guest Visit: \$13.10 includes power cycling classes, and use of fitness centre & pool

10 Visit Pass

Adults (18 years+)	\$80.90
Older Adult (62 years+)	\$64.20
Students (13 - 25 years) Student I.D. required	\$61.30

Pay-As-You-Go Fitness Class

Excludes power cycling classes

30-minutes	\$6.03
45-minutes	\$7.75
60-minutes	\$8.89
75-minutes	\$10.33



FREE*
Babysitting Services

Monday to Friday
8:45-11:45am

*For fitness members only; available at a nominal cost to residents using community centre facilities.

Close.
Convenient.
Comfortable.

Vaughan
Fitness
Centres

HST included in single visit fees, where applicable. HST will be charged at the point of sale for multiple visit passes. Youth fees are exempt from HST. Fees subject to change. No refunds or credits on 10 visit passes. A non-resident surcharge of 10% may be applicable. Please see customer service for details. Schedules are subject to change during holidays; for details, visit: vaughan.ca/recreation.



vaughan.ca/fitness



Admittance Procedures

- Admittance is on a first-come, first-served basis and is subject to capacity limitations. All participants must obtain an admit slip from the Customer Service Desk to gain entry into all classes.
- Admit slips will be issued up to 1 hour prior to the start time of the class.
- Only ONE admit slip per person per class will be permitted.
- The admit slip must be given to the instructor.
- Please Note: Fitness members are given first priority for Power Cycling classes; space-permitting, pay-as-you-go/10 visit guests can participate. Pay-as-you-go/10 visit guests must wait 5 minutes before the class starts in order to get admission.

Fitness Class Guidelines

- Participants are requested to leave all personal belongings outside of the multi-purpose room. Lockers are available in the change rooms, and security lockers are available in the Fitness Centre.
- Children are NOT allowed in the multi-purpose room during the class. You must be at least 13 years of age to participate in a class.
- Street shoes are not permitted in the multi-purpose room.

Power Cycling Class Guidelines

- Participants should arrive 5-10 minutes early to allow for bike set up.
- The following accessories are recommended: towel, water, and firmsoled running or cycling shoes. Bike shorts or gel seat covers are optional.



All fitness classes are Heart Wise Exercise designated programs intended for participants who are interested or concerned about their health.

Recreation recreation programs at Vaughan community centres this fall

- Meditation Yoga
- Self-Defence
- Ballroom Dancing
- Hip Hop
- Volleyball

Save your spot at vaughan.ca/RecOnline

Fitness Class Descriptions

Note: schedules and instructors are subject to change.

Boot Camp

A full body workout for any fitness level. Classes include strength training, obstacles, and drills that will keep your mind and body guessing.

Cardio Kickbox

The best of a high energy cardio workout with the finesse of kickboxing techniques to challenge your endurance and coordination.

CIRC-Step

An aerobic-step and other light equipment are used to condition the whole body!

Drumline

Interval training with a twist! Combine ball drumming, strength exercises and lively music to achieve a fun muscle conditioning workout.

Spin

Burn calories in this cardio cycling workout. Move at your pace on stationary studio cycles.

Spin Strong

30-minute spin with 10-minutes of conditioning.

TBC - Total Body Contitioning

This is a total body workout. Use resistance equipment and your body weight to build strength and improve muscular endurance.

Yoga

Focus on deep stable breathing as you flow through varying strength and flexibility body movements.

Zumba

It's a total body dance workout! Tone and burn calories to the best cha-cha, mambo, calypso, and belly dance music.

*Please Note:

Additional Spin Class Guideline—a bike can only be reserved once a member has been issued an admit slip. A member cannot reserve a bike for another member.