

Fitness Schedule

Father E. Bulfon Fitness Centre 8141 Martin Grove Road, Woodbridge | 905.879.8732

Hours of Operation

Monday-Thursday 5:50am-10:30pm
 Friday 5:50am-9pm
 Saturday & Sunday 8am-4pm

Fall & Winter 2018/2019

Fitness Centre Closure: June 2019

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

Revised: October 11, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Morning & Afternoon

9:15-10:15am Gentle Yoga Chhaya	9:30-10:30am C3 Julie	9:15-10am Power Cycle Darla	9:30-10:30am Body Blast Nancy	9:15-10:30am Yoga Mirela		9:15-10:15am Power Cycle & Abs Rahul
12:30-1:30pm Weight Training 62 years+ *Sep. 24-Dec. 3 & Jan. 14-Mar. 18 Registration required. See reverse for details.		10:30-11:30am Weight Training 62 years+ *Sep. 26-Nov. 28 & Jan. 16-Mar. 20 Registration required. See reverse for details.				11am-1pm Teen Intro to Fitness *Sep. 23-Nov. 25 & Jan. 13-Mar. 17 Registration required. See reverse for details.

Evening

6:15-7pm Power Cycle Rahul		6:15-7pm Power Cycle Julie				
7-8:15pm Yoga Vitale	7-8pm Spin & Sculpt Rahul	7-8pm Pilates Julie/Lynn				

TIME: Together in Movement & Exercise

Created by the Toronto Rehabilitation Institute, **TIME** is a community based **exercise program** for individuals with MS or Parkinson's disease, those who have had a stroke, acquired brain injury, or mobility and/or balance challenges related to chronic orthopedic or neurological conditions. Note: Physician's referral form must be completed prior to registering for the program.

Registration Information: Contact Darla Dupuis, Fitness Coordinator at 905.879.8732 x7111 or darla.dupuis@vaughan.ca.

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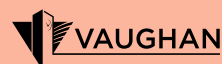


Fitness Centre Fees

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

10 Visit Pass		Pay-As-You-Go Fitness Class	
		Excludes power cycling classes	
Adults (18 years+)	\$80.90	30-minutes	\$6.03
Older Adult (62 years+)	\$64.20	45-minutes	\$7.75
Students (13 - 25 years)	\$61.30	60-minutes	\$8.89
Student I.D. required		75-minutes	\$10.33

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



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Hours of Operation

Monday-Thursday 5:50am-10:30pm
 Friday 5:50am-9pm
 Saturday & Sunday 8am-4pm

Winter 2019

Fitness Centre Closure: June 2019

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

Effective: January 2, 2019 | Revised: December 18, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Morning & Afternoon

9:15-10:15am Gentle Yoga Chhaya	9:30-10:30am Boot Camp Julie	9:15-10am Spin Darla	9:30-10:30am TBC Nancy	9:15-10:30am Yoga Mirela		9:15-10:15am Spin Strong Rahul
12:30-1:30pm Weight Training 62 years+ *Jan. 14-Mar. 18 Registration required. See reverse for details.		10:30-11:30am Weight Training 62 years+ *Jan. 16-Mar. 20 Registration required. See reverse for details.				11am-1pm Teen Intro to Fitness *Jan. 13-Mar. 17 Registration required. See reverse for details.

Evening

6:15-7pm Spin Rahul		6:15-7pm Spin Julie				
7-8:15pm Yoga Vitale	7-8pm Spin Strong Rahul	7-8pm Pilates Julie/Lynn				

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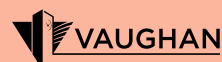


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Adults (18 years+)	\$80.90	30-minutes	\$6.03
Older Adult (62 years+)	\$64.20	45-minutes	\$7.75
Students (13 - 25 years)	\$61.30	60-minutes	\$8.89
Student I.D. required		75-minutes	\$10.33

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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.

Pilates

Steady your breath in a relaxed space as you improve body alignment, flexibility and mental awareness.

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 Conditioning

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.

Gentle Yoga

Modified yoga poses and movements that bring awareness to your breath, meditation and the release of built-up tension.

*Teen Intro to Fitness 12-17 years

Look and feel better by adding fitness to your lifestyle. Learn proper workout techniques and receive nutrition tips about healthy eating and keeping hydrated.

*Weight Training 62 years+

Together with our expert Vaughan Fitness Centre staff, design a workout program that meets your needs and helps you reach your goals. Fitness staff will provide supervision throughout the session, and modify your program for maximum impact.

*Pre-registration required at vaughan.ca/RecOnline.