

Fitness Schedule

Garnet A. Williams Fitness Centre 501 Clark Avenue West, Thornhill | 905.832.8552

Hours of Operation	
Monday-Thursday	5:30am-10:30pm
Friday	5:30am-9pm
Saturday & Sunday	7am-6:30pm
Summer Hours	
Saturday & Sunday	7am-5pm

Winter 2019

Fitness Centre Closure: September 30 to October 2, 2019

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

Effective: Jan. 2, 2019 | Revised: Dec. 7, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
--------	---------	-----------	----------	--------	----------	--------

Older Adult Max. 40 participants – tickets available first come, first serve

10:30-11:30am Gentle Yoga Saralee	10:30-11:30am Gentle TBC Debbie	10:30-11:25am Gentle Pilates Christine	10:20-11:20am Gentle Yoga Saralee	9:30-10:30am Gentle TBC Christine		
--	--	---	--	--	--	--

Morning Max. 30 participants for classes in MPR | Max. 23 for Power Cycling

6-7am Spin Shirit		6-7am Spin Ashley		6-7am Spin Ashley		
8:30-9:15am Spin & Core Cindy		8:30-9:15am Spin & Core Steve		8:30-9:15am Spin & Core PJ	9-9:45am Spin & Core Christine	New 9-10am Spin Steve/Ash
9:15-10:15am CIRC-HIIT PJ	9:15-10:15am TBC Davin	9:20-10:05am Spin & Core Steve	9:15-10:15am TBC Ashley	9:30-10:30am Pilates MR 1 (max 15) PJ	9-10am Zumba Cherry	9-10am TBC Shirit
		9:30-10:25am Zumba Cherry			10-11am Yoga MR 3 (max 20) Martina	

Evening Max. 30 participants for classes in MPR | Max. 23 for Power Cycling

5:30-6:15pm Spin Ashley	6:15-7pm Spin Arie	6:15-7pm Spin Lisa	6:15-7:15pm TBC Shirit			
6:15-7:15pm Zumba TBC Ashley		6:15-7:15pm Zumba Cherry				
7:30-8:30pm Pilates Phaedra	7:30-8:30pm Yoga Chhaya/Sandra	7:30-8:30pm Yoga MR 3 (max 20) Alana	7:30-8:30pm Pilates MR 3 (max 20) Shirit			

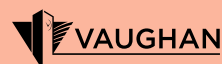
Fitness Centre Fees

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

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

Close.
Convenient.
Comfortable.
Vaughan
Fitness
Centres



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.

CIRC-HIIT

High intensity interval training where you give 100% during burst-exercises followed by short periods of recovery. Get your heart rate up and burn more calories in less time!

Pilates

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

Gentle Pilates

Modified pilates poses and movements to enhance flexibility, balance and tone muscles.

Spin

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

Spin & Core

45-minute spin followed by a 10-minute abdominal session.

TBC - Total Body Conditioning

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

Gentle TBC

Condition and strengthen muscles through a variety of resistance and low intensity exercises.

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.

Zumba

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

Zumba TBC

It's a total body dance workout! Tone and burn calories to the best cha-cha, mambo, calypso, and belly dance music. Add light dumbbells and resistance equipment for muscle-sculpting.