

Fitness Schedule

Maple Fitness Centre 10190 Keele Street, Maple | 905.832.2377

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 2019 | Revised: December 7, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Early Bird & Morning

6-6:45am Spin Fab		6-6:45am Spin Amanda/Liana		6-6:45am Spin Angelo		
8:15-9am Spin & Core Vitale	9:15-10am Spin & Core Fabio	8:15-9am Spin & Core PJ	9:15-10am Spin & Core Sheri	9:15-10am Spin Angelo/Angie	8:15-9am Spin & Core Arie	8:30-9:15am Spin Sandra
9:15-10:15am Yoga Sandra M.	9:15-10:15am Pilates Vitale	9:15-10:15am YOGAFUSION Vitale	9:15-10:15am CIRC-HIIT Fabio	9:15-10:15am Yoga Vitale	9-10am YOGAFUSION Vitale/Christina D	
	10:15-11:15am Boot Camp Chris S.	10-10:45am Zumba TBC Mariela	10:15-11:15am Pilates PJ.			

Lunch

12:10-12:50pm TBC Sheri	12:15-12:45pm Spin Fabio	12:10-12:50pm TRX (Fitness Centre) Vitale	12:15-12:45pm Spin Vitale	12:10-12:50pm CIRC-HIIT (Fitness Centre) Vanessa		
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Evening

5:15-6pm Spin Liana/Amanda	6:15-7pm Spin & Core Lucy	5:15-6:15pm Pilates PJ	6:15-7pm Spin & Core Vitale			
7-8pm Boot Camp Vanessa	7-8pm Zumba TBC Mariela	7-8pm CIRC-HIIT Fabio	7:15-8:15pm Zumba Mariela			
7:30-8:15pm Spin & Core Marco	7-8pm Yoga Vitale		7-8pm Yoga Mirela			

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

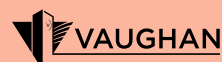
Monday to Friday
9am-12pm

*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.

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.

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.

TRX - Total Resistance Exercise

Suspension training, that uses body weight and gravity exercises to develop strength, balance, flexibility and core stability.

Yoga

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

YOGAFUSION

Bringing the best of yoga and pilates to one class! Combine the stability benefits of yoga with the postural awareness of pilates for a balanced workout.

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.