

# Fitness Schedule

North Thornhill Fitness Centre 300 Pleasant Ridge Avenue, Thornhill | 905.832.8540

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

Winter 2019

Fitness Centre Closure: September 2019 (TBD)

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

Revised: January 16, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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## Early Bird

					8:15-9:30am <b>Spin</b> Steve	8:15-9am <b>Spin</b> Arie
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## Morning

	<b>New</b> 9-9:30am <b>TRX-Core</b> Vanessa				9-10am <b>TBC</b> PJ	9-10am <b>CIRC-HIIT</b> Vanessa
9:30-10:15am <b>CIRC-Spin</b> Melissa	9:30-10:25am <b>Zumba</b> Debbie	9:30-10:15am <b>CIRC-Spin</b> Davin	<b>New</b> 9:30-10:15am <b>TRX-HIIT</b> Vanessa	9:30-10:15am <b>CIRC-Spin</b> Nadine		
9:30-10:25am <b>TBC</b> Nadine	9:30-10:30am <b>Spin</b> Melissa			9:30-10:25am <b>Zumba</b> Debbie		
10:30-11:25am <b>Pilates</b> Nadine	10:30-11:15am <b>Barre</b> Christine	10:30-11:30am <b>Yoga</b> Mirella	10:30-11:25am <b>Belly Dancing</b> Mirella	10:30-11:25am <b>Pilates</b> Nadine	10:05-11:05am <b>Yoga</b> Mirella	10:05-11:05am <b>YOGAFUSION</b> Deb W.
<b>New</b> 11:30am-12:30pm <b>Gentle Yoga</b> Deb W.			11:30am-12:30pm <b>Gentle Pilates</b> Deb W.	11:30am-12:15pm <b>Barre</b> Christine		

## Evening

<b>New</b> 6:15-7pm <b>Spin</b> Arie						
6:30-7:25pm <b>Zumba</b> Tanya	<b>New</b> 6:30-7:30pm <b>TRX-HIIT</b> Criss	6:30-7:15pm <b>CIRC-HIIT</b> Kelly	6:30-7:15pm <b>CIRC-Spin</b> Deb W.			
7:30-8:15pm <b>TBC</b> Tanya	<b>New</b> 7:45-9pm <b>Yoga</b> (meditation included) Criss	7:30-8:30pm <b>Yoga</b> Mirella	<b>New</b> 7:15-8:15pm <b>Zumba</b> Tanya			

## 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



**FREE\***  
**Babysitting Services**

Mon/Wed/Fri/Sat  
9am-12pm

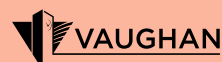
Mon/Wed/Sat (Activity Rm. B)  
Friday (Preschool Rm. A)

\*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](http://vaughan.ca/recreation).



[vaughan.ca/fitness](http://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](http://vaughan.ca/RecOnline)

# Fitness Class Descriptions

**Note:** schedules and instructors are subject to change.

## Barre

The ballet bar is a great tool to condition the body. Classes focus on postural strength, alignment, core and flexibility.

## Belly Dancing

Belly dancing uses movements emanating from the torso. The dance often focuses on isolating different parts of the body, moving them independently in sensuous patterns. Belly dance coin skirts are optional.

## 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!

## CIRC-Spin

Spin and strength unite in this action-packed interval training class. Time spent on-bike cycling and off-bike in a strength workout.

## 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.

## 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.

## TRX-HIIT

Suspension training, that uses body weight and gravity exercise in a series of high intensity intervals. Quick intense bursts followed by low intensity recovery periods.

## TRX-Core

Suspension training, that uses body weight and gravity exercises to build a strong and stable core.

## Yoga

Deep breathing exercises and body positions improve flexibility and strength. Bring a towel and belt.

## Gentle Yoga

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

## 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.