

# Fitness Schedule

Vellore Village Fitness Centre 1 Villa Royale Avenue, Woodbridge | 905.832.8544

<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: Summer 2019

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

Revised: January 7, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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## Morning

9:15-10:15am <b>Zumba</b> Mariela	9:30-10:30am <b>Yoga</b> Ashleigh	9:15-10:15am <b>Spin Strong</b> Sheri		9:30-10:30am <b>Yoga</b> Ashleigh	9-9:45am <b>Spin</b> Maggie	
			9:30-10:30 am <b>Yoga</b> Ashleigh			

## Evening

7-8pm <b>Spin Strong</b> Angelo			7-7:45pm <b>Spin</b> Maggie			
7:15-8:15pm <b>Zumba</b> (Gym 4) Ida		7:15-8:15pm <b>Boot Camp</b> (Gym 4) Rahul				
	8:15-9:15pm <b>Yoga</b> (Activity Rm 3) Dianna		8-9pm <b>Yoga</b> (Activity Rm 1) Dianna			

## 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) Student I.D. required	\$61.30	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](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.

### 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.

### 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.

### 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.

## 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. Physician's referral form must be completed prior to registering for the program.

**Vellore Village** Community Centre  
Tuesday & Friday mornings • 10-11am

Registration Information:

Sue Faludi, **Fitness Coordinator**

905.832.8544 x7312 or [sue.faludi@vaughan.ca](mailto:sue.faludi@vaughan.ca)