

and now more affordable!

Effective September 4, 2018

Fitness Membership

Fees listed apply to Vaughan residents only. A non-resident surcharge of 10% may be applicable.
HST charged at point of sale.



Single Visit per visit (photo ID required) \$13.10

Adult (18 years+)	Total	Per month
10 visit pass	\$80.90	–
1-month	\$72.87	\$72.87
3-month	\$188.47	\$62.82
1-year	\$581.74	\$48.47

Older Adult (62 years+)	Total	Per month
10 visit pass	\$64.20	–
1-month	\$52.66	\$52.66
3-month	\$128.74	\$42.91
1-year	\$353.73	\$29.47

Student* (13-25 years)	Total	Per month
10 visit pass	\$61.30	–
1-month	\$51.17	\$51.17
3-month	\$125.08	\$41.69
1-year	\$429.64	\$35.80

*Student ID required

Family 15% discount on 1-year membership
2 or more family members; minimum 1 adult membership required

Indoor Track Fees Al Palladini only

	Per visit	4-month	1-year
Adult	\$4.75 (incl HST)	\$89.28	\$172.89
Older Adult	\$3 (incl HST)	\$66.76	\$129.27
Youth	\$4.25	\$58.04	\$112.38

Other Fees:

½ Locker Rental (1-year) \$75.32

Personal Training

Packages	Private	Semi Private per person
Super Starter: 3 sessions One time purchase opportunity!	\$160.40	\$103.21
5 sessions	\$308.98	\$221.33
10 sessions	\$580.36	\$424
20 sessions	\$1,109	\$793.20
30 sessions	\$1,585.97	\$1,107.87

Group Training



- 10, 1-hour personal training sessions (1x/week for 10 weeks or 2x/week for 5 weeks).
- Minimum of 3 and a maximum of 4 members.
- Same training days and times.
- The trainer will schedule a consultation with the group prior to training to set realistic goals.

Also available to non-members who pay a guest fee. All packages include consultation, long and short term goal setting and a personalized fitness program. Note: Fees apply to fitness centre and in-water personal training. HST charged at point of sale.

Nutrition Consultations

Consultation

A 60 minute session with a registered nutrition specialist to discuss your nutrition questions and concerns \$79.26 +HST

Consultation, diet analysis & meal plan

A 60 minute nutrition consultation and diet analysis with a registered nutrition specialist, followed by a second session in which a detailed meal plan is created for you. \$211.37 +HST

Fitness Centre Locations

Al Palladini Fitness Centre

9201 Islington Ave., Woodbridge | 905.832.8564 ext.7213

Hours of Operation

Mon - Thu 5:30am - 10:30pm
Friday 5:30am - 10:00pm
Sat & Sun 7:00am - 6:30pm

Summer Hours

Sat & Sun 7:00am - 5:00pm

- cycling studio
- indoor track
- sauna
- squash courts
- swimming pool
- whirlpool



Father E. Bulfon Fitness Centre

8141 Martin Grove Rd., Woodbridge | 905.879.8732 ext.7111

Hours of Operation

Mon - Thu 5:50am - 10:30pm
Friday 5:50am - 9:00pm
Sat & Sun 8:00am - 4:00pm

- cycling studio
- sauna
- swimming pool
- whirlpool



Garnet A. Williams Fitness Centre

501 Clark Ave. West, Thornhill | 905.832.8552 ext.7615

Hours of Operation

Mon - Thu 5:30am - 10:30pm
Friday 5:30am - 9:00pm
Sat & Sun 7:00am - 6:30pm

Summer Hours

Sat & Sun 7:00am - 5:00pm

- cycling studio
- indoor track
- racquetball court
- sauna
- squash courts
- swimming pool
- whirlpool



Maple Fitness Centre

10190 Keele St., Maple | 905.832.2377 ext.7426

Hours of Operation

Mon - Thu 5:30am - 10:30pm
Friday 5:30am - 10:00pm
Sat & Sun 7:00am - 6:30pm

Summer Hours

Sat & Sun 7:00am - 5:00pm

- cycling studio
- indoor track
- sauna
- squash courts
- swimming pool
- whirlpool



North Thornhill Fitness Centre

300 Pleasant Ridge Ave., Thornhill | 905.832.8540 ext.7663

Hours of Operation

Mon - Thu 5:30am - 10:30pm
Friday 5:30am - 10:00pm
Sat & Sun 7:00am - 6:30pm

Summer Hours

Sat & Sun 7:00am - 5:00pm

- aerobics studio
- cycling studio
- sauna
- swimming pool
- whirlpool



Vellore Village Fitness Centre

1 Villa Royale Ave., Woodbridge | 905.832.8544 ext.7321

Hours of Operation

Mon - Thu 5:30am - 10:30pm
Friday 5:30am - 10:00pm
Sat & Sun 7:00am - 6:30pm

Summer Hours

Sat & Sun 7:00am - 5:00pm

- cycling studio
- sauna
- swimming pool
- whirlpool

