

Fitness Class Schedule

Class descriptions and admission guidelines on reverse. Registration is for fitness centre members only. Pre-register at vaughan.ca/RecOnline. Schedules and instructors are subject to change.

Hours of Operation

All locations except for Father E. Bulfon
 Monday to Friday 5:30am - 10:30pm
 Saturday & Sunday 7am - 6:45pm

Father E. Bulfon Fitness Centre Hours

Monday to Friday 5:30am - 10:30pm
 Saturday & Sunday 7am - 5pm

Effective: September 8, 2020 | **Revised:** September 1, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Al Palladini Fitness Centre 9201 Islington Avenue, Woodbridge | 905.832.8564

7 - 8pm Yoga MPR	7 - 8pm Cardio Pump MPR	7 - 8pm TBC MPR	7 - 8pm Zumba MPR		9 - 10am CIRC-HIIT MPR	9 - 10am Yoga MPR
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Father E. Bulfon Fitness Centre 8141 Martin Grove Road, Woodbridge | 905.879.8732

9 - 10am Gentle Yoga MPR	9 - 10am TBC MPR	7 - 8pm Pilates MPR	9 - 10am TBC MPR	9 - 10am Yoga MPR	9 - 10am Yoga Fusion MPR	9 - 10am TBC MPR
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Garnet A. Williams Fitness Centre 501 Clark Avenue West, Thornhill | 905.832.8552

7 - 8pm Yoga MPR	9 - 10am CIRC-HIIT Outdoors (field)	7 - 8pm Zumba MPR	9 - 10am TBC Outdoors (field)		9 - 10am TBC (Gentle) MPR	9 - 10am Yoga MPR
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Maple Fitness Centre 10190 Keele Street, Maple | 905.832.2377

9 - 10am Yoga Outdoors (field)	9 - 10am CIRC-HIIT Outdoors (field)	9 - 10am Zumba Outdoors (field)	9 - 10am Pilates Outdoors (field)	9 - 10am CIRC-HIIT Outdoors (field)	9 - 10am Yoga MPR	
7 - 8pm CIRC-HIIT MPR	7 - 8pm Yoga MPR	7 - 8pm CIRC-HIIT MPR	7 - 8pm Zumba MPR			

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

9 - 10am TBC Fitness Studio	9 - 10am Pilates Outdoors (park area)	10:15 - 11:15am Yoga Fusion Outdoors (park area)	9 - 10am Zumba Outdoors (park area)		9 - 10am CIRC-HIIT Fitness Studio	9 - 10am Yoga Fitness Studio
7 - 8pm Zumba Fitness Studio		7 - 8pm Yoga Fitness Studio				

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

7 - 8pm Zumba MPR	9 - 10am CIRC-HIIT Outdoors (field)	7pm - 8pm Yoga MPR	9 - 10am Zumba Outdoors (field)		9 - 10am Yoga MPR	
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Vaughan Fitness Classes

Guidelines

1. Vaughan Fitness classes are for members only until further notice.
2. As part of fitness class **check-in procedure**, members are required to complete the **Provincial Public Health Self-assessment** prior to starting the class.
3. All fitness classes are one hour in length. The first 15 minutes of the time slot is dedicated to registration and screening. Instructional time is 45 minutes.
4. Members must pre-register for a fitness class at vaughan.ca/RecOnline. We accept 10 visit pass holders to book fitness sessions/workouts. Drop-ins will not be accepted.
5. Physical distancing protocols will be in place for both indoor and outdoor fitness classes.
6. Fitness classes will have limited equipment available to reduce touch points. Members must bring their own mat for floor exercises.
7. Members are required to clean equipment with the provided disinfectant wipes before and after use.
8. Fitness class participants must bring a filled water bottle for outdoor classes as water fountains are not available. During indoor classes, members will be able to refill their bottles at the nearest designated water fountain.
9. Outdoor fitness classes will be relocated indoors in inclement weather (e.g. rain or thunderstorms). Cancellations will be posted on Instagram @ [recvaughan](https://www.instagram.com/recvaughan), Facebook @ [VaughanRecreation](https://www.facebook.com/VaughanRecreation) and vaughan.ca/fitness by 8:15am on the day of the scheduled class.
10. Upon completion of the class fitness members must vacate the gymnasium and/or designated outdoor space immediately, and will not be allowed access to the fitness centre.

Descriptions

Note: Schedules and instructors are subject to change.

Cardio Pump

The best of a high energy cardio workout with intervals of hi-lo and muscle conditioning to challenge your endurance and coordination.

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.

TBC (Total Body Conditioning)

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

TBC (Gentle)

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.

Yoga Fusion

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.



All fitness classes are Heart Wise Exercise designated programs intended for participants who are interested or concerned about their health.