

Workout Session Hours

15 minutes after session start time **doors will be locked** and workout will be forfeited. Waitlist members will be granted entry if space permits.

Monday to Thursday

- 5:30-6:45am
- 7-8:15am
- 8:30-9:45am
- 10:15-11:30am
- 11:45am-1pm
- 1:15-2:30pm
- 3-4:15pm
- 4:30-5:45pm
- 6-7:15pm
- 7:45-9pm
- 9:15-10:30pm

Friday

- 5:30-6:45am
- 7-8:15am
- 8:30-9:45am
- 10:15am-11:30am
- 11:45am-1pm
- 1:15-2:30pm
- 3-4:15pm
- 4:30-5:45pm
- 6-7:15pm
- 7:45-9pm

Weekends

- 7-8:15am
- 8:30-9:45am
- 10-11:15am
- 11:45am-1pm
- 1:15-2:30pm
- 2:45-4pm

All fitness workout sessions are 75 minutes. Pre-registration is required. Register at vaughan.perfectmind.com.

To reactivate or buy a fitness membership email RecCSDvaughan.ca or call Access Vaughan at 905.832.2281.