

Fitness Class Schedule

Class descriptions and admission guidelines on reverse.

Pre-register at vaughan.ca/fitness.

Schedules and instructors are subject to change.

Hours of Operation

All locations except for Father E. Bulfon & Promenade

Monday to Thursday 5:30am - 10:30pm

Friday 5:30am - 10pm

Saturday & Sunday 7am - 6:30pm

Father E. Bulfon Fitness Centre Hours

Monday to Thursday 5:30am - 10:30pm

Friday 5:30am - 9pm

Saturday & Sunday 7am - 4pm

Promenade Fitness Centre Hours

Monday to Thursday 5:30am - 10:30pm

Friday 5:30am - 9pm

Saturday & Sunday 7am - 6:30pm

Effective: March 10 | **Revised:** March 10, 2023

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

9 - 10am Spin & Core Cycle Studio	9 - 10am Pilates Activity Room 1	8:30 - 9:30am Spin & Core Cycle Studio 9:15 - 10:15am TBC Gym	9 - 10am Yoga Gym	9 - 10am Spin & Core Cycle Studio	8 - 9am Boot Camp Gym 9 - 10am Spin & Core Cycle Studio	
6:15 - 7pm QueenaxTBC Fitness Centre 7 - 8pm Spin & Core Cycle Studio	7 - 8pm Zumba Toning Gym	6 - 6:45pm Queenax TBC Fitness Centre 6:45 - 7:45pm Yoga Gym 7 - 8pm Spin & Core Cycle Studio	7 - 8pm Pilates Activity Room 1 7 - 8pm Zumba Gym			

Dufferin Clark Community Centre 1441 Clark Ave. W, Thornhill | 905.832.8554

	9 - 10am CIRC-HIIT Gym 10:15 - 11:15am Yoga (Gentle) Activity Room 3&4		9 - 10am TBC Gym 10:15 - 11:15am Pilates Activity Room 3&4			9 - 10am Zumba Activity Room 1&2 10:15 - 11:15am Yoga Activity Room 1&2
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Father E. Bulfon Fitness Centre 8141 Martin Grove Road, Woodbridge | 905.879.8732

9:15 - 10:15am Yoga Activity Room 3	9:15 - 10:15am TBC Gym		9:15 - 10:15am TBC Gym	9:15 - 10:15am Yoga Activity Room 3		9:15 - 10am Spin Spin Studio
	7 - 7:45pm Spin Spin Studio	6 - 6:45pm Spin Spin Studio 7 - 8pm Pilates Activity Room 1	6 - 7pm Spin & Core Spin Studio			

Pre-registration and pre-payment for all fitness classes, is available for your convenience at vaughan.perfectmind.com.

If you require assistance accessing or creating an account in PerfectMind call Service Vaughan at 905.832.2281 or email rec@vaughan.ca.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Maple Fitness Centre 10190 Keele Street, Maple | 905.832.2377

9 - 9:45am Spin Spin Studio 9:15-10:15am CIRC-HIIT Activity Rooms 6&7 10:20 - 11:20am Yoga Activity Rooms 6&7	9:15 - 10am TBC Activity Rooms 6&7 10:05 - 10:50am Pilates Activity Rooms 6&7 11:15am - 12:15pm Yoga (Gentle) Activity Rooms 6&7	6 - 6:45am Spin Spin Studio 9 - 10am Spin & Core Spin Studio 9:15 - 10:15am Zumba Activity Rooms 6&7 10:20 - 11:20am Yoga Activity Rooms 6&7	9:15 - 10am CIRC-HIIT Activity Rooms 6&7 10:05 - 10:50am Barre Activity Rooms 6&7 11:15am - 12:15pm TBC (Gentle) Activity Rooms 6&7	9 - 10am Spin & Core Spin Studio 9:15 - 10:15am Yoga Activity Rooms 6&7	8:15 - 9am Spin Spin Studio 9 - 10am Yoga Studio	9 - 9:45am Spin Spin Studio 10 - 11am Barre Activity Rooms 6&7
6:15 - 7pm Spin Spin Studio 7 - 8pm CIRC-HIIT Gym	6:15 - 7pm Spin Spin Studio 7 - 8pm TBC Activity Rooms 6&7 8 - 9pm Barre Activity Rooms 6&7	5:45 - 6:45pm Pilates Studio 6:15 - 7pm Spin Spin Studio 7:15 - 8:15pm CIRC-HIIT Gym	6:15 - 7pm Spin Spin Studio 7 - 8pm Zumba Gym 8 - 9pm Yoga Studio			

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

9:15 - 10:15am TBC Aerobics Studio 9:30 - 10:15am CIRC-Spin Spin Studio 10:30 - 11:30am Pilates Aerobics Studio	9:15 - 10:15am Zumba Aerobics Studio 9:30 - 10:30am Spin & Core Spin Studio 10:30 - 11:30am Yoga Aerobics Studio	9:15 - 10:15am CIRC-HIIT Aerobics Studio 9:30 - 10:15am CIRC-Spin Spin Studio 10:30 - 11:30am TBC (Gentle) Aerobics Studio	9:15 - 10:15am Tabata Aerobics Studio 9:30 - 10:30am Spin & Core Spin Studio 10:30 - 11:30am Pilates Aerobics Studio	9 - 9:45am Queenax HIIT Fitness Centre 9:15 - 10:15am Zumba Aerobics Studio 9:30 - 10:15am Spin Spin Studio 10:30 - 11:30am Barre Aerobics Studio	8:15 - 9am Spin Spin Studio 9:15 - 10:15am TBC Aerobics Studio 10:30 - 11:30am Yoga Aerobics Studio	8:15 - 9am Spin Spin Studio 9:15 - 10:15am CIRC-HIIT Aerobics Studio 10:30 - 11:30am Yoga & Meditation Aerobics Studio
6:15 - 7pm Spin Spin Studio 7:15 - 8:15pm CIRC-HIIT Aerobics Studio	6:30 - 7:30pm Zumba Aerobics Studio 7:45 - 9pm Yoga & Meditation Aerobics Studio	6:15 - 7pm Spin Spin Studio 6:15 - 7:15pm TRX Tabata Aerobics Studio 7:30 - 8:30pm Yoga Aerobics Studio	6:30 - 7:30pm TBC Aerobics Studio			

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

9 - 9:45am Spin & Core Spin Room	9:15 - 10:15am Yoga Room 1	9:15 - 10am Spin Spin Room	9:15 - 10:15am Yoga Room 1		9:15 - 10am Spin Spin Room	
6:15 - 7pm Spin Spin Room 7 - 8pm Zumba Gym 1 & 2	7:30 - 8:30pm Yoga Preschool Room C	7 - 8pm Zumba Gym 4	6:15 - 7pm Spin Spin Room			

Vaughan Fitness Classes

Guidelines

1. Fitness classes are free for Vaughan fitness members; non-members are subject to a per class fee. To secure your spot in a class, register at vaughan.perfectmind.com.

Participants can register seven days in advance of the scheduled fitness class.

Non-member fitness class fees

- 45-minute class fee: \$7.16+HST
 - 60-minute class fee: \$8.22+HST
 - Spin 45-minute class fee: 12.10+HST (Includes access to the fitness centre)
2. In-person fitness classes are 45 to 60 minutes in length.
 3. 10 visit pass holders are eligible to book fitness classes.
 4. Fitness classes have a 5-minute late grace period. After 5-minutes, instructors will accept walk-in participants. Limited spots are available.
 5. Members are required to clean equipment with the provided disinfectant wipes before and after use.
 6. During indoor classes, members will be able to refill their bottles at the nearest designated water fountain.
 7. Classes may be cancelled due to low registrations.
 8. Participants can cancel their fitness class reservation at vaughan.perfectmind.com. A full credit/refund will be issued without penalty.

Descriptions

Note: Schedules and instructors are subject to change.

Barre: The ballet bar (or household chair) is a great tool to condition the body. Classes focus on postural strength, alignment, core and flexibility.

Boot Camp: A full body workout including strength training, obstacles, and drills that will keep your mind and body guessing.

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.

Pilates (Gentle): Modified pilates poses and movements to enhance flexibility, balance and tone muscles.

Queenax HIIT: High-intensity interval training on the fitness industries NEWEST modular Queenax rig system. Rotate through various functional and suspension exercises, circuit style, for a total body workout. You do not have to be the most experienced exerciser to join - you just have to give it everything you've got!

Queenax TBC: Rotate through various functional and suspension exercises on the fitness industry's NEWEST modular Queenax rig system for a total body workout.

Spin: Burn calories in this cardio cycling workout. Move at your pace on stationary studio cycles.

Spin & Core : 45-minute spin followed by a 10-minute abdominal session.

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.

TRX-Tabata: Suspension training, that uses body weight and gravity exercises to develop strength, balance, flexibility and core stability. This class will use the TRX in high intensity Tabata intervals that has been proven to torch serious calories in a short period of time.

Yoga: Focus on deep stable breathing as you flow through varying strength and flexibility body movements.

Yoga (Gentle): Perfect for older adults or beginners, gentle yoga is easy to get into. It addresses many common physical challenges, including sore joints, stress, muscle tension, flexibility and balance.

Yoga & Meditation: Focus on deep stable breathing and meditation 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.

Zumba Toning: Our regular Zumba class with light dumbbells and resistance equipment for muscle-sculpting.

Virtual
fitness classes

