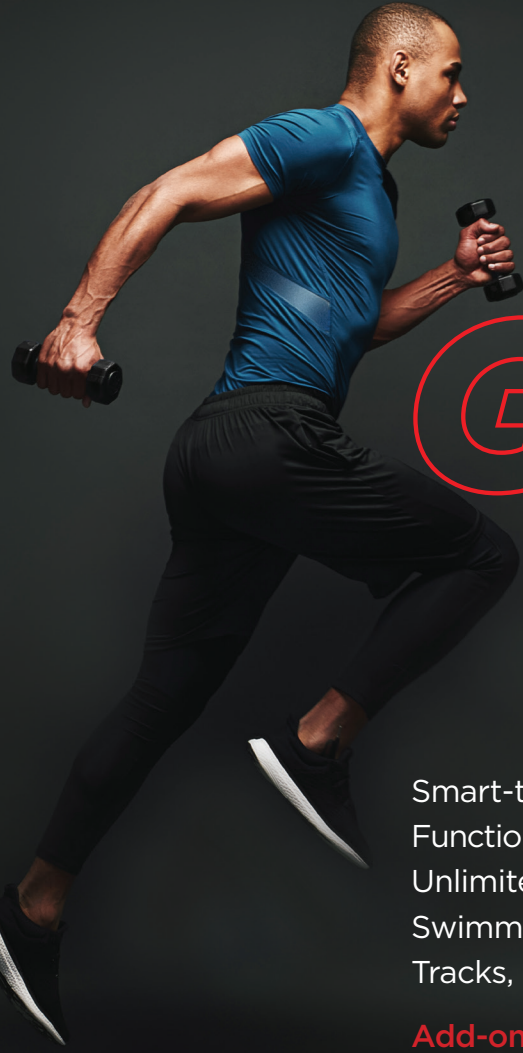


# VAUGHAN **FITNESS**

find your **strong**



## at the **Gym**

Smart-tech cardio  
Functional strength training equipment  
Unlimited fitness classes  
Swimming & aquafitness  
Tracks, squash, skating + sports

**Add-ons:** personal training &  
nutrition consultations

# VAUGHAN **FITNESS**

find your **strong**

As a Vaughan Fitness member, you have access to six locations, featuring state of the art fitness equipment and studios, pools, arenas, sports gyms, squash courts and indoor tracks. We're a one-stop fitness shop, right in your community and we're here to help you **find your strong**.

## Amenities

All locations feature high performance, **smart-tech cardio equipment** as well as intuitive strength equipment and a versatile, functional training rig. Members have limitless access to fitness and aquafitness classes. And, **FREE** access to recreational swimming, skating, shinny hockey, and sports at any Vaughan community centre, for 1-month, 3-month and annual members.

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## Classes

From the early-bird spin class to an after-dinner yoga session, our certified instructors deliver dozens of different group workouts. Get your heart rate up and burn calories with CIRC-HIIT high-intensity interval training, or a high-energy cardio pump. De-stress doing yoga and pilates. Do a total body conditioning using resistance equipment and your body-weight. Dance the cha-cha, mambo and calypso in a Zumba party! Visit [vaughan.ca/fitness](http://vaughan.ca/fitness) for class descriptions.

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## Perks!

When you join our gym with a 3-month or annual membership, you get a **FREE fitness consultation and program design**. But it doesn't stop there! Members also enjoy early renewal and family discounts + referral incentives!



## Fitness Memberships

**Single visit** (photo ID required) \$13.09

Adult (18 years+)	Total
1-year*	\$562.45
3-month	\$182.30
1-month	\$70.55
10 visit pass	\$78.35

Older Adult (65 years+)	Total
1-year*	\$413.80
3-month	\$150.60
1-month	\$61.65
10 visit pass	\$75.10

Student (13-25 years) Student ID required	Total
1-year*	\$415.40
3-month	\$121.00
1-month	\$49.50
10 visit pass	\$59.30

**Indoor Track Fees:** Al Palladini only

	4-month	1-year
<b>Adult</b>	\$86.40	\$167.20
<b>Older Adult</b>	\$78.15	\$151.30
<b>Youth</b>	\$56.15	\$108.70

### Locker Rentals

Members with 1-year and 3-month fitness membership are eligible to rent lockers.

Locker availability varies by location.

1-year	Fee
Full locker	\$156.10
Half locker	\$78.10

3-month	Fee
Full locker	\$55.80
Half locker	\$27.90

## Personal Training

Packages	Private	Semi Private per person
Super Starter: 3 sessions (One time purchase opportunity!)	\$118.75	\$76.40
5 sessions	\$228.65	\$163.80
10 sessions	\$429.40	\$313.70
20 sessions	\$820.40*	\$586.80
30 sessions	\$1,173.25*	\$819.60

HST will be charged at the point of sale.

## Nutrition Consultations

**Consultation:** \$87.35+HST

One-hour session with a registered nutrition specialist to discuss your nutrition questions and concerns.

**Consultation, diet analysis, & meal plan:** \$228.55+HST

One-hour nutrition consultation and diet analysis with a registered nutrition specialist, followed by a second session in which a detailed meal plan is created.

**\*1-year membership and 20 & 30 private personal training sessions :** Monthly payment plan available.

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

HST will be charged at the point of sale for multiple visit passes. Fees subject to change. No refunds or credits on 10 visit passes. A non-resident surcharge of 10% may be applicable.

## Get started today!

Purchase your adult or older adult fitness membership online at [vaughan.perfectmind.com](http://vaughan.perfectmind.com).

For details, visit [vaughan.ca/fitness](http://vaughan.ca/fitness)

Student fitness memberships are not available online as proof of student ID is required upon purchase. To **purchase a student fitness membership**, complete a Vaughan Fitness Student Membership Application and bring the form to your local community centre to process the membership.

**Note:** Signed parental consent is mandatory for youth ages 13-17.

# VAUGHAN **FITNESS**

Vaughan Fitness centres are conveniently located across the **City of Vaughan**, in the communities of Maple, Thornhill and Woodbridge.

## **Al Palladini Fitness Centre**

9201 Islington Ave., Woodbridge  
905.832.8564 ext.7213

## **Father E. Bulfon Fitness Centre**

8141 Martin Grove Rd., Woodbridge  
905.879.8732 ext.7109

## **Garnet A. Williams Fitness Centre**

501 Clark Ave. West, Thornhill  
905.832.8552 ext. 7615

## **Maple Fitness Centre**

10190 Keele St., Maple  
905.832.2377 ext.7426

## **North Thornhill Fitness Centre**

300 Pleasant Ridge Ave., Thornhill  
905.832.8540 ext.7663

## **Vellore Village Fitness Centre**

1 Villa Royale Ave., Woodbridge  
905.832.8544 ext.7321