# 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.

#### **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 bodyweight. Dance the cha-cha, mambo and calypso in a Zumba party! Visit vaughan.ca/fitness for class descriptions and video!

#### 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

Adult (18 years+)	Iotai
1-year*	\$520.04
3-month	\$168.48
1-month	\$65.14
10 visit pass	\$72.40
Older Adult (65 years+)	Total
1-year*	\$382.56
3-month	\$139.23
1-month	\$56.96
10 visit pass	\$69.40
<b>Student</b> (13-25 years) Student ID required	Total
1-year*	\$384.07

#### Indoor Track Fees: Al Palladini only

	4-month	1-year
Adult	\$79.81	\$154.56
Older Adult	\$72.20	\$139.81
Youth	\$51.88	\$100.46

#### **Locker Rentals**

3-month

1-month

10 visit pass

Members with 1-year and 3-month fitness membership are eligible to rent lockers. Locker availability varies by location.

1-year	Fee
Full locker	\$140
Half locker	\$70
3-month	Fee
<b>3-month</b> Full locker	<b>Fee</b> \$50

## Personal

# Training

Packages	Private	Semi Private per person
Super Starter: 3 sessions (One time purchase opportunity!)	\$109.72	\$70.59
5 sessions	\$211.35	\$151.39
10 sessions	\$396.77	\$290.02
20 sessions	\$758.50*	\$542.55
30 sessions	\$1,084.80*	\$757.79

HST will be charged at the point of sale.

## Virtual Nutrition

#### Consultations

\$111.82

\$45.74

\$54.80

Consultation: \$78.30+HST

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

Consultation, diet analysis, & meal plan: \$205.03+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.

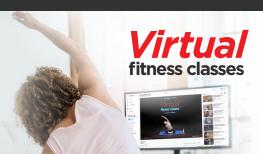
\*1-year membership and 20 & 30 private personal training sessions: Monthly payment plan available.

**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.







# 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 (Closed for renovations)

501 Clark Ave. West, Thornhill

#### **Promenade** Fitness Centre (temporary fitness facility)

7700 Bathurst St, Unit 1, Thornhill 905.731.9076

#### 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

The City of Vaughan continues to follow public health guidelines relating to COVID-19 safety, and will adjust programming accordingly. This may include temporarily pausing access to some amenities and services, as well as removing and/or canceling some programs due to evolving COVID-19 restrictions.

For regular updates visit vaughan.ca/recreation.



