

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.ca/fitness



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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 body-weight. 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!



Effective December 1, 2021

Fitness Memberships

| Adult (18 years+) | Total |
|-------------------|----------|
| 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 |

| Student (13-25 years) | Total |
|-----------------------|----------|
| Student ID required | |
| 1-year* | \$384.07 |
| 3-month | \$111.82 |
| 1-month | \$45.74 |
| 10 visit pass | \$54.80 |

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

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 |
|-------------|------|
| Full locker | \$50 |
| Half locker | \$25 |

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

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**
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 **YouTube**
recvaughan

Virtual
fitness classes



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.



vaughan.ca/fitness

