

Grange Fitness Centre - Activity Schedule



University Settlement

Grange Fitness Membership includes unlimited access to:

- Yoga, Aqua Fit, Length Swim, Badminton, Basketball and the Fitness Centre

Membership Fees:

- For all participants there is an annual Agency Fee of \$20, which provides unlimited access to an **AGO Family Pass**
- **Adults (26-59):** \$44 per month **Seniors (60+):** \$34 per month **Young Adults (18-25):** \$34 per month
- *Bring a Friend; and for the first three months your membership will be "Two For One" or half the price listed.*

Badminton

- Included for Grange Fitness Members **OR** purchase an Agency membership for \$20 and then a "Drop-in Pass" -- \$40 for 10 visits

Recreational / Family Swim

- Included for Grange Fitness Members **OR** Purchase an Agency membership for \$20 and then a "Drop-in Pass" -- \$40 for 10 visits (\$4 for the whole family each visit)

Parent and Tot

- Purchase an Agency membership for \$20 (annual fee) and join us every week

Basketball

- No Fee: *FREE* to members of the community

For more information

- please contact **Ted**, Director of Fitness and Facilities at 416-598-3444 ext. 230 or ted.thompson@universitysettlement.ca

	Fitness Centre	Badminton	Yoga	Length Swim	Aqua Fit	Family Swim	Parent and Tot	FREE Drop In Basketball
Monday	Fitness Centre 7 am to 9 pm	Badminton 8 pm to 9:30 pm		Length Swim 7 am to 8:45 am 12 noon to 1:25 pm 6 pm to 7pm	Aqua Fit 9 to 9:45am			Basketball 3 pm to 4:25 pm
Tuesday	Fitness Centre 7 am to 9 pm		Stretch Yoga 12:15 to 1pm	Length Swim 7 am to 9:45 am 12 noon to 1:25 pm 5:30 to 7 pm			Parent and Tot 11:00-11:40am	Basketball 3 pm to 4:25 pm
Wednesday	Fitness Centre 7 am to 9 pm	Badminton 5:45 to 9:30 pm	Hatha Yoga 7 pm to 7:45 pm	Length Swim 7 am to 8:45 am 12 noon to 1:25 pm	Aqua Fit 9 to 9:45am	Rec Swim 5:30 to 7:00pm		Basketball 3 pm to 4:25 pm
Thursday	Fitness Centre 7 am to 9 pm			Length Swim 7 am to 9:45 am 12 noon to 1:25pm 6 to 7 pm			Parent and Tot 11:00-11:40am	Basketball 3 pm to 4:25 pm and 6:30 pm to 9 pm
Friday	Fitness Centre 7 am to 7 pm		Stretch Yoga 12:15 to 1 pm	Length Swim 7 am to 8:45 am 12 noon to 1:25pm 5:30 to 6:45 pm	Aqua Fit 9 to 9:45am			Basketball 3 pm to 4:25 pm and 5:30 to 7pm
Saturday	Fitness Centre 8:30 am to 5 pm	Badminton 8:45 am to 1:30 pm New Time		Length Swim 8:30 am to 9:25am		Rec Swim 1 to 2:30pm		
Sunday	Fitness Centre 8:30 am to 5 pm	Badminton 8:45 am to 1:30 Note: additional Club fee for birds		Length Swim 8:30 to 9:25am 2:30 pm to 3:30 pm		Rec Swim 1 to 2:30pm		Basketball 1:30 to 6 pm