



Grange Fitness - Schedule of Activities

Effective April 18, 2017

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@Grange_Fitness



- **Membership Fees:** All New Members may join at a Two For One membership fee; Memberships start as low as \$12 per month
- For all participants there is an annual Agency Fee of \$15, which provides access to an **AGO** Family Pass
- For those that have not joined as Fitness Members, you may purchase a "Drop-in Pass" (\$40 for 10 visits) for Badminton, Aqua Fit or Masters Swim
- There is a new Youth Instructional Basketball program on Saturday mornings. Contact Ted at ext. 230 for more information

Grange Fitness Membership provides unlimited access to all of following:						FREE Community Programs		
	Grange Fitness	Badminton	Fitness Classes	Length Swim	Aqua Fit	Pool	Table Tennis	Drop In Basketball
Monday	7 am to 9 pm	8 pm to 10 pm		7:05 to 8:40am 12 noon to 1:55pm 6 to 8pm	9 to 9:45am			3 to 4:15pm
Tuesday	7 am to 9 pm		Stretch Yoga 12:15 to 1pm Zumba 5:30 to 6:30 pm	7:05 to 8:40am 9 to 9:55am 12 noon to 1:55pm 5:30 to 7pm		Parent and Tot Aquafit 11:00-11:40am		3 to 4:15pm
Wednesday	7 am to 9 pm	5:45 to 9pm	Hatha Yoga 7 to 7:45pm	7:05 to 8:40am 12 noon to 1:55pm 7 to 8pm	9 to 9:45am	Rec Swim 5:30 to 6:55pm	1 to 3pm	3 to 4:15pm
Thursday	7 am to 9 pm		Cardio Fit 5:30 to 6:30pm	7:05 to 8:40am 9 to 9:55am 12 noon to 1:55pm 6 to 7pm Masters Swim 7 to 8:30pm		Parent and Tot Instructional 11:00-11:40am	9am to 12 noon	3 to 4:15pm and 6:30 to 9pm
Friday	7 am to 7 pm		Stretch Yoga 12:15 to 1pm	7:05 to 8:40am 12 noon to 1:55pm 5:30 to 7pm	9 to 9:45am			3 to 4:15pm and 5:30 to 7pm
Saturday	8:30 am to 5 pm			8:30 to 9:25am 3 to 4pm		Rec Swim 1 to 2:45pm		12 noon to 2 pm
Sunday	8:30 am to 5 pm	8:45 am to 1:30 Note: additional Club fee for birds		8:30 to 9:25am 3 to 4pm		Rec Swim 1 to 2:45pm	9am to 5pm	1:30 to 6pm