

# Grange Fitness - Schedule of Activities

## Your Grange Fitness Membership includes:

- Unlimited access to state-of-the-art fitness equipment including cardio & weight machines, free weights, and more.
- Group Classes of Yoga, Cardio Fit and Aqua Fit; are included as are drop-in programs such as Badminton, Basketball, Tai Chi, and Length Swim.

**Membership Fees:** Bring a Friend; as for the first three months your membership will be **“Two For One”** or half the price listed.

- Adults (26-59): \$44 per month
- Seniors (60+): \$34 per month
- Young Adults (18-25): \$34 per month
- For all participants there is an annual Agency Fee of \$20, which provides unlimited access to an **AGO** Family Pass
- For those that have not yet joined as Grange Fitness Members, you may purchase a “Drop-in Pass”; \$40 for 10 visits for Badminton

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
<b>Monday</b>	7 am to 9 pm	8 pm to 9:30 pm		7:05 to 8:40am 12 noon to 1:25pm 6 to 7pm	9 to 9:45am			3 to 4:25 pm
<b>Tuesday</b>	7 am to 9 pm		<b>Stretch Yoga</b> 12:15 to 1pm	7:05 to 9:40am  12 noon to 1:25pm 5:30 to 7pm		<b>Parent and Tot</b> 11:00-11:40am		3 to 4:25 pm
<b>Wednesday</b>	7 am to 9 pm	5:45 to 9:30 pm	<b>Hatha Yoga</b> 7 to 7:45pm	7:05 to 8:40am 12 noon to 1:25pm	9 to 9:45am	<b>Rec Swim</b> 5:30 to 6:55pm	1 to 3pm	3 to 4:25 pm
<b>Thursday</b>	7 am to 9 pm		<b>Cardio Fit</b> 5:30 to 6:30pm	7:05 to 9:40am 12 noon to 1:25pm 6 to 7pm		<b>Parent and Tot</b> 11:00-11:40am	9am to 12 noon	3 to 4:25 pm and 6:30 to 9 pm
<b>Friday</b>	7 am to 7 pm		<b>Stretch Yoga</b> 12:15 to 1pm	7:05 to 8:40am 12 noon to 1:25pm 5:30 to 7pm	9 to 9:45am			3 to 4:25 pm and 5:30 to 7pm
<b>Saturday</b>	8:30 am to 5 pm			8:30 to 9:25am 3 to 4pm		<b>Rec Swim</b> 1 to 2:45pm		8:30 am to 2 pm
<b>Sunday</b>	8:30 am to 5 pm	8:45 am to 1:30 <b>Note:</b> additional Club fee for birds		8:30 to 9:25am 3 to 4pm		<b>Rec Swim</b> 1 to 2:45pm	9am to 5pm	1:30 to 6 pm

For more information please contact **Ted Thompson**, Director of Fitness and Facilities at **416-598-3444 ext. 230** or [ted.thompson@univeristysettlement.ca](mailto:ted.thompson@univeristysettlement.ca)