



Grange Fitness - Schedule of Activities

Effective January 8, 2017

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@Grange_Fitness



- **Membership Fees:** Adult 26 to 59 yrs. of age, \$34 per month / Youth 18 to 25 yrs. of age, \$24 per month / Senior 60+ yrs. of age \$24 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” (\$30 for 10 visits) for Badminton, Aqua Fit or Masters Swim

Grange Fitness Membership gives unlimited access to all of the activities listed on the schedule below						FREE Community Programs		
	Grange Fitness	Badminton	Fitness Classes	Length Swim	Aqua Fit	Pool	Table Tennis	Drop In Basketball
Monday	7 am to 9 pm			7 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 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 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 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 5:30 to 9pm
Friday	7 am to 7 pm		Stretch Yoga 12:15 to 1pm	7 to 8:40am 12 noon to 1:55pm 5:30 to 7pm	9 to 9:45am			3 to 4:15pm 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		
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