

Grange Fitness

Updated June 28, 2019



Membership Fees:

Grange Fitness Membership includes unlimited access to the fully equipped Fitness Centre, Drop In Badminton, Aqua Fit and Yoga classes, Length Swimming and Tai Chi classes. Adult (26 to 59) \$44 per month / Youth and Seniors: \$34 per month.

Join with a friend and membership is ½ price, for both of you, for the first 3 months.

Yoga Classes

Yoga classes are a great workout and will change your mind and body. Classes are taught by Yvonne on Tuesday and Friday at 12:15 and by Antonia each Wednesday at 7 pm. Classes are FREE to all Grange Fitness Members or purchase a guest pass for \$10

Drop in Badminton is included for all Grange Fitness Members **OR** purchase Agency membership \$20 plus a "Drop-in Pass" \$50 for 10 visits

NEW Schedule for July & August:

- Tuesday 5 pm to 9:30 pm (check in 4:30 pm) and Wednesday 5 pm to 9:30 pm (check in 4:30 pm)
- Play is limited to 24 players for each time period. As players leave (from the first 24) new players may join in

Ongoing Annual Schedule:

- Saturday 8:45 am to 1:30 pm
- Monday 8 pm to 9:30 pm

Sunday / Grange Badminton Club:

- This is not drop in play. Sundays 8:45 to 1:30 pm
- There is an additional Club fee for birds

Community Programs The following activities are FREE to members of our community

- Family Swim Wednesday 5:30 pm to 7 pm and Saturday & Sunday from 12:30 pm to 2 pm
- Drop In Basketball For youth ages 14 to 21, Lots of gym times – see schedule for full listing. No fees, just lots of fun. BYOBasketball

For more information on programs call Ted 416-598-3444 ext. 230

| For members of Grange Fitness (includes FREE Community Activities) | | | | | | FREE Community Activities | |
|--|-----------------------------------|--|---|--|----------------------------|---------------------------------------|--|
| | Fitness Centre | Badminton | Yoga | Length Swim | Aqua Fit | Recreational Swim | Drop In Basketball |
| Mon | Fitness Centre 7 am to 9:30 pm | Drop In Badminton 8 pm to 9:30 pm | | Length Swim 7 am to 8:45 am 12 noon to 1:30pm 5:30 pm to 7pm | Aqua Fit 9 am to 9:45am | | Drop In Basketball 5 pm to 6 pm |
| Tues | Fitness Centre 7 am to 9:30 pm | Drop In Badminton 5 pm to 9:30 pm | Stretch Yoga 12:15 to 1 pm with Yvonne | Length Swim 7 am to 9:45 am 12 noon to 1:30 pm 5:30 to 7 pm | | | |
| Wed | Fitness Centre 7 am to 9:30 pm | Drop In Badminton 5 pm to 9:30 pm | Hatha Yoga 7 pm to 7:45 pm with Antonia | Length Swim 7 am to 8:45 am 12 noon to 1:30 pm 5:30 to 7:00 pm | Aqua Fit 9 am to 9:45am | Recreational Swim 5:30 pm to 7 pm | |
| Thurs | Fitness Centre 7 am to 9:30 pm | | | Length Swim 7 am to 9:45 am 12 noon to 1:30 pm 5:30 pm to 7:00 pm | | | Drop In Basketball 5 pm to 9:30 pm |
| Fri | Fitness Centre 7 am to 6:45 pm | | Stretch Yoga 12:15 to 1 pm with Yvonne | Length Swim 7 am to 8:45 am 12 noon to 1:30 pm 5:30 to 7:00 pm | Aqua Fit 9 am to 9:45am | | Drop In Basketball 5 pm to 6:45 pm |
| Sat | Fitness Centre 8:30 am to 5 pm | Drop In Badminton 8:45 am to 1:30 pm | | Length Swim 8:30 to 9:25 am 12:30 pm to 1 pm 1 pm to 2 pm | | Recreational Swim 12:30 pm to 2 pm | |
| Sun | Fitness Centre 8:30 am to 5 pm | Grange Badminton Club 8:45 am to 1:30 Not drop in play. | | Length Swim 8:30 to 9:25 am 12:30 pm to 1 pm 1 pm to 2 pm | | Recreational Swim 12:30 pm to 2 pm | Drop In Basketball 1:30 pm to 5:45 pm |