

Grange Fitness – Fall Promotion

Updated Sept 4, 2019

6 Month All Inclusive Grange Fitness Membership

Only \$160 for Pool, Yoga, Aqua Fit, Fitness, Badminton, Tai Chi, Basketball



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 \$10 guest pass

Drop In Badminton

Drop in Badminton is included for all Grange Fitness Members **OR** purchase an Agency membership for \$20 and a “Drop-in Pass” -- \$50 for 10 visits. Times:

- Saturday 8:45 am to 1:30 pm, Monday 8 pm to 9:30 pm and Wednesday 5:45 pm to 9:30 pm
- Grange Badminton Club: Sundays 8:45 1:30 pm. This is not drop in play. 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 1 pm to 2:30 pm
- Parent and Tot Swim Tuesday and Thursday 11 am to 11:40 am. Parents are in the water with their children
- 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 Grange Fitness Programs call Ted 416-598-3444 ext. 230

Grange Fitness Membership includes ALL of the following activities PLUS the Community Activities						FREE Community Programs		
	Fitness Centre	Badminton	Yoga	Length Swim	Aqua Fit	Recreational Swim	Parent & Tot 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 to 9:45am			Drop In Basketball 3 pm to 4:15 pm
Tues	Fitness Centre 7 am to 9:30 pm	Drop In Badminton 5:30 to 9:30 pm	Stretch Yoga 12:15 to 1pm	Length Swim 7 am to 9:45 am 12 noon to 1:30 pm 5:30 to 7 pm			Parent & Tot Swim 11:00-11:40am	Drop In Basketball 3 pm to 4:15 pm
Wed	Fitness Centre 7 am to 9:30 pm	Drop In Badminton 5:30 to 9:30 pm	Hatha Yoga 7 pm to 7:45 pm	Length Swim 7 am to 8:45 am 12 noon to 1:30 pm 5:30 to 7:00 pm	Aqua Fit 9 to 9:45am	Recreational Swim 5:30 pm to 7 pm		Drop In Basketball 3 pm to 4:15 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			Parent & Tot Swim 11:00-11:40am	Drop In Basketball 3 pm to 4:15 pm 5:30 to 9:00 pm
Fri	Fitness Centre 7 am to 6:45 pm		Stretch Yoga 12:15 to 1 pm	Length Swim 7 am to 8:45 am 12 noon to 1:30 pm 5:30 to 7:00 pm	Aqua Fit 9 to 9:45am			Drop In Basketball 3 pm to 4:15 pm 5:30 pm to 8:30 pm
Sat	Fitness Centre 8:30 am to 5 pm	Drop In Badminton 8:45 am to 1:30 pm		Length Swim 8:30 am to 9:25am 1 pm to 2:30 pm		Recreational Swim 1 to 2:30pm		
Sun	Fitness Centre 8:30 am to 5 pm	Grange Badminton Club 8:45 am to 1:30 Not drop in play. Additional fee for birds		Length Swim 8:30 to 9:25 am 1 pm to 2:30 pm 2:30 pm to 3:30 pm		Recreational Swim 1 to 2:30 pm		Drop In Basketball 1:30 pm to 6 pm