



Grange Fitness

Updated February 20, 2020

Get your Grange Fitness Membership today!

Includes unlimited access to a 25 yd long pool with 4 lanes, fully equipped Fitness Centre, Yoga classes, Aqua Fit classes, Badminton and Basketball

- Adults only \$44 per month
- Youth (18 to 26) and Seniors (60 plus) only \$34 per month
- **BRING A FRIEND WHEN YOU JOIN - ALL new memberships are 2 for 1 – 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 6:30 pm.

These 45-minute-long 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.

- Saturday 8:45 am to 1:30 pm, Monday 8 pm to 9:30 pm and Wednesday 5:30 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

Grange Fitness Membership includes 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	Volleyball House League 6 pm – 9:30 pm Call Ted for info	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 6:30 to 7:15 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 8 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 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 2:30 pm to 3:30 pm		Recreational Swim 1 to 2:30 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 2:30 pm to 3:30 pm		Recreational Swim 1 to 2:30 pm		Drop In Basketball 1:30 pm to 6 pm