

# Vaughan Chamber Member Preferred Rate

Save **15%** at  
Vaughan Fitness Centres

Join our gym!  
Access to 6 fitness centres & pools  
Free spinning + fitness classes

Vaughan Fitness Centres | Close. Convenient. Comfortable.



vaughan.ca/fitness

Recreation Vaughan



	1-Year	Total Fee	Per Month
What they pay:	Adult	\$626.02	\$52.16
What VCC members pay:	Adult	\$532.12	\$44.34

Must present proof of Vaughan Chamber of Commerce membership. HST will be charged at the point of sale. You must be a Vaughan Chamber member in good standing to qualify and/or continue to benefit from this promotion.

**State-of-the-art amenities**

- cardio & strength training equipment with wifi capability
- squash & racquetball courts
- saunas, swimming pools, whirlpools & indoor tracks
- aquafitness
- fitness equipment for persons with disabilities

Not all amenities are available at all locations.

**Perks**

- workout program
- babysitting
- 1 month membership for referrals
- monthly guest days

Note: Restrictions apply. Call Vaughan Fitness Centres for details.

**We're family**

- member appreciation events
- squash leagues & tournaments
- fitness competitions
- spinathons, zumbathons & adventure walks/runs
- non-intimidating atmosphere
- friendly & knowledgeable staff

**Join now!**

Proof of Vaughan Chamber of Commerce membership is required to take advantage of this offer. Please contact the VCC to receive your confirmation of membership prior to registering at any City of Vaughan Fitness Centre.

Fiorina@vaughanchamber.ca  
905.761.1366 ext. 225

## Fitness Classes Included

All fitness staff are university or college **educated professionals** and/or **certified personal trainers** with **years of experience** in the fitness and recreation field.

- At The Bar
  - Cardio Drumline
  - Body Blast
  - Boot Camp & Hiit Boot Camp
  - C3 Cardio Core Conditioning
  - Circuit Cycling
  - Extreme Power Cycling
  - Gentle Pilates & Gentle Yoga
  - Intro to Power Cycling
  - Le boot
  - Le Hiit
- Muscle Conditioning for Seniors
  - Pilates
  - Power Cycling (all levels)
  - Spin & Sculpt
  - Step n' Sculpt
  - Triple threat
  - Yoga
  - Yogafusion
  - Zumba



Not all fitness classes are available at all locations.

**Nutrition Consultations**

Our **in-house nutrition specialists** will dissect your diet – or plan a new one – to help you to **lose weight, increase energy** or simply **eat healthy**.

**Package 1**

**Nutrition consultation**  
\$76.34 +HST

**Package 2**

**Nutrition consultation, diet analysis & meal plan**  
\$203.58 +HST

**Questions?**  
fitness@vaughan.ca



**Al Palladini Fitness Centre**  
9201 Islington Ave., Woodbridge 905.832.8564 ext.7213

**Hours of Operation**

Mon - Thu 5:30am - 10:30pm  
Friday 5:30am - 10:00pm  
Sat & Sun 7:00am - 6:30pm

**Summer Hours**

Sat & Sun 7:00am - 5:00pm

- cycling studio
- indoor track
- sauna
- squash courts
- swimming pool
- whirlpool



**Father E. Bulfon Fitness Centre**  
8141 Martin Grove Rd., Woodbridge 905.879.8732 ext.7111

**Hours of Operation**

Mon - Thu 5:50am - 10:30pm  
Friday 5:50am - 9:00pm  
Sat & Sun 8:00am - 4:00pm

- cycling studio
- sauna
- swimming pool
- whirlpool



**Garnet A. Williams Fitness Centre**  
501 Clark Ave. West, Thornhill 905.832.8552 ext.7615

**Hours of Operation**

Mon - Thu 5:30am - 10:30pm  
Friday 5:30am - 9:00pm  
Sat & Sun 7:00am - 6:30pm

**Summer Hours**

Sat & Sun 7:00am - 5:00pm

- cycling studio
- indoor track
- racquetball court
- sauna
- squash courts
- swimming pool
- whirlpool



**Maple Fitness Centre**  
10190 Keele St., Maple 905.832.2377 ext.7426

**Hours of Operation**

Mon - Thu 5:30am - 10:30pm  
Friday 5:30am - 10:00pm  
Sat & Sun 7:00am - 6:30pm

**Summer Hours**

Sat & Sun 7:00am - 5:00pm

- cycling studio
- indoor track
- sauna
- squash courts
- swimming pool
- whirlpool



**North Thornhill Fitness Centre**  
300 Pleasant Ridge Ave., Thornhill 905.832.8540 ext.7663

**Hours of Operation**

Mon - Thu 5:30am - 10:30pm  
Friday 5:30am - 10:00pm  
Sat & Sun 7:00am - 6:30pm

**Summer Hours**

Sat & Sun 7:00am - 5:00pm

- aerobics studio
- cycling studio
- sauna
- swimming pool
- whirlpool



**Vellore Village Fitness Centre**  
1 Villa Royale Ave., Woodbridge 905.832.8544 ext.7321

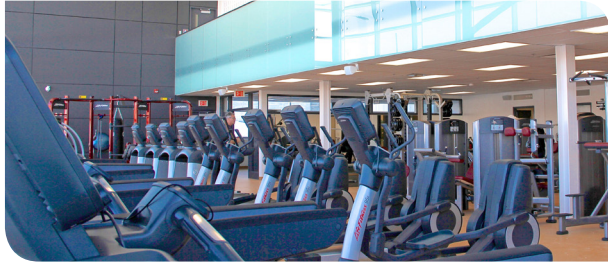
**Hours of Operation**

Mon - Thu 5:30am - 10:30pm  
Friday 5:30am - 10:00pm  
Sat & Sun 7:00am - 6:30pm

**Summer Hours**

Sat & Sun 7:00am - 5:00pm

- cycling studio
- sauna
- swimming pool
- whirlpool



# Personal & Group Training

Does your workout need a lift? Do you need motivation? Are you using proper technique?

**Package 1:** .....\$156.28  
Super Starter: Includes 3 training sessions.  
One time only purchase opportunity!

**Package 2:** .....\$301.05  
5 Training Sessions

**Package 3:** .....\$565.45  
10 Training Sessions

**Package 4:** .....\$1,545.23  
30 Training Sessions

HST will be charged at the point of sale.

All packages include:

- consultation
- long and short term goal setting
- personalized fitness program



## Group Personal Training

- 10, 1-hour personal training sessions (1x/week for 10 weeks or 2x/week for 5 weeks).
- Minimum of 3 and a maximum of 4 members.
- Same training days and times.
- The trainer will schedule a consultation with the group prior to training to set realistic goals and expectations.

Only **\$179.90**/each +HST

Vaughan  
Fitness  
Centres

Close.  
Convenient.  
Comfortable.