Fitness Centres

- Qualified, knowledgeable and accredited staff
- Complete fitness counselling
- Life and Precor cardio equipment
- Cybex & Life strength training equipment
- Train for your favourite sport
- Over 100 fitness classes each week
- Pilates and Nia classes
- Personal trainers available
- Aquafit classes

For more information, call or drop in.

- The minimum age for use of our fitness centre and group fitness classes is 16.
- Osteoporosis classes are not included in a fitness club membership.
- There is an additional fee to club members for our cycle classes.
- Space is limited in our classes.

Centennial Fitness

8600 McCowan Rd. (at Bullock),
905-294-6111 ext. 229

Thornhill Fitness

7755 Bayview Ave. (at John St.)
905-944-3790

Hours:

Mon. - Thu.:	**5:30 a.m. - 10:00 p.m.**
Fri. (May - Aug.):	**5:30 a.m. - 7:00 p.m.**
Fri. (Sept. - Apr.):	**5:30 a.m. - 9:00 p.m.**
Sat. & Sun.:	**7:30 a.m. - 6:00 p.m.**

Fitness Classes

Please note that fitness club members do not use the class codes listed below, but should obtain their list from fitness centre staff.

Cardio Dance
Dance and work out at the same time. This is a hip and fun, high energy class that will have you dancing all the way home. From hip hop to salsa, burn some calories while learning new and funky dance moves.

Cardio Kick Boxing
This is a high intensity cardio workout that combines boxing and kicking techniques with more traditional exercise moves. A safe, exciting, challenging program that will build cardio-vascular endurance and muscle tone and strength while helping to improve coordination and balance.

Cardio Mix
Mix up your cardio routine! This class is a mix of fairly intense hi/lo cardio of at least 40 minutes in length. The cardio segment may include such elements as traditional cardio, athletics, boot camp or kick boxing exercises. The remainder of the class is spent on total body conditioning, stretch and relaxation.

Cardio Salsa
No dance experience necessary! This is a dance-based workout for beginners that includes salsa, cha cha, samba and Caribbean folk dance in the mix. You'll have so much fun; you'll forget that you are working out!

Car-lates
This program (car-laa-teez) offers the best of two worlds - a gentle, low impact 20 minute cardio combined with the fabulous benefits of torso-based Pilates exercises. ***Each participant must have completed Level I and II Pilates as prerequisites for this class. This is an advanced level II Pilates class.***

Circuit Blast
Make the most of your time with this super effective routine. Improve your mobility, strength and stamina. This class consists of warm-up, a mix of cardio and strength training exercises.

Core Strength
All movement originates in the core. The core muscles stabilize the spine, pelvis and shoulders. This intermediate to advanced level class is for the fitter, more experienced individual.

Cycle Fitness
Ride your way to fitness. Our classes are lead by certified cycle instructors. Build stamina, burn fat, and strengthen glutes, quads, hamstrings and calves. ***Please wear comfortable clothing, exercise footwear and bring a bottle of water and a towel.***

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Code	Fee
Cardio Dance	16 yrs+	Centennial C.C.	Tue.	9:30 a.m. - 10:30 a.m.	Jul. 5	8	187359	$63.28
		Centennial C.C.	Fri.	8:30 a.m. - 9:15 a.m.	Jul. 8	7	187358	$55.37
Cardio Kick Boxing	16 yrs+	Angus Glen C.C.	Wed.	8:10 p.m. - 9:10 p.m.	Jul. 6	8	189009	$63.28
		Angus Glen C.C.	Thu.	10:00 a.m. - 11:00 a.m.	Jul. 7	8	188983	$63.28
		Centennial C.C.	Mon.	8:10 p.m. - 9:10 p.m.	Jul. 4	7	187364	$55.37
		Centennial C.C.	Tue.	8:10 p.m. - 9:10 p.m.	Jul. 5	8	187363	$63.28
		Thornhill C.C.	Mon.	6:05 p.m. - 7:00 p.m.	Jul. 4	7	187365	$55.37
		Thornhill C.C.	Tue.	7:00 p.m. - 8:00 p.m.	Jul. 5	8	187366	$63.28
Cardio Mix	16 yrs+	Angus Glen C.C.	Mon.	6:45 p.m. - 7:45 p.m.	Jul. 4	7	187369	$55.37
		Angus Glen C.C.	Tue.	7:00 p.m. - 8:00 p.m.	Jul. 5	8	187371	$63.28
		Angus Glen C.C.	Wed.	9:15 a.m. - 10:15 a.m.	Jul. 6	8	187373	$63.28
		Angus Glen C.C.	Thu.	7:00 p.m. - 8:00 p.m.	Jul. 7	8	187372	$63.28
		Angus Glen C.C.	Sat.	9:30 a.m. - 10:30 a.m.	Jul. 9	6	187370	$48.03
		Centennial C.C.	Tue.	5:45 p.m. - 6:45 p.m.	Jul. 5	8	187367	$63.28
		Rouge River C.C.	Tue.	7:00 p.m. - 8:00 p.m.	Jul. 5	8	189004	$63.28
		Thornhill C.C.	Thu.	10:00 a.m. - 10:50 a.m.	Jul. 7	8	187368	$63.28
Cardio Salsa	16 yrs+	Centennial C.C.	Sun.	1:00 p.m. - 2:00 p.m.	Jul. 10	6	188998	$64.97
		Thornhill C.C.	Fri.	9:30 a.m. - 10:30 a.m.	Jul. 8	7	189000	$75.71
Car-lates	16 yrs+	Centennial C.C.	Thu.	7:20 p.m. - 8:15 p.m.	Jul. 7	8	187357	$85.88
Circuit Blast	16 yrs+	Angus Glen C.C.	Sat.	10:40 a.m. - 11:40 a.m.	Jul. 9	6	187374	$48.03
Core Strength	16 yrs+	Thornhill C.C.	Fri.	5:30 p.m. - 6:30 p.m.	Jul. 8	7	189008	$55.37
Cycle Fitness	16 - 75 yrs	Thornhill C.C.	Mon.	8:30 a.m. - 9:15 a.m.	Jul. 4	7	187381	$75.71
		Thornhill C.C.	Mon.	5:15 p.m. - 6:00 p.m.	Jul. 4	7	187375	$75.71
		Thornhill C.C.	Tue.	8:10 p.m. - 8:55 p.m.	Jul. 5	8	187376	$85.88
		Thornhill C.C.	Wed.	8:30 a.m. - 9:15 a.m.	Jul. 6	8	187382	$85.88
		Thornhill C.C.	Wed.	8:10 p.m. - 8:55 p.m.	Jul. 6	8	187377	$85.88
		Thornhill C.C.	Thu.	8:10 p.m. - 8:55 p.m.	Jul. 7	8	187378	$85.88
		Thornhill C.C.	Sat.	8:30 a.m. - 9:15 a.m.	Jul. 9	6	187379	$64.97
		Thornhill C.C.	Sun.	8:30 a.m. - 9:15 a.m.	Jul. 10	6	187380	$64.97

Fitness Classes

Please note that fitness club members do not use the class codes listed below, but should obtain their list from fitness centre staff.

Fit Together

Register with your spouse, friend, family member or significant other and join our 'couples' muscle conditioning class. This is a full body muscle workout (no cardio) using resistance bands, tubing, hand weights, stability balls and medicine balls. Tone muscles, increase muscle strength, increase lean body mass, improve flexibility and increase metabolic rate. This fun format is suited to all fitness levels and will include some partner-based exercises.

Forever Fit

We can be fit and vital at any age. This class is for those 50 years of age and older who are looking for a challenging workout in a safe environment. The cardio component will enhance heart and lung function. The class will help to improve balance, flexibility, bone density, power and coordination while increasing injury protection.

Low Impact - Beginner

A great class for the novice or someone returning to fitness. This class includes a light to moderate cardio segment for at least 20 minutes. The class also includes a moderate muscle conditioning component and ends with a stretch and relax segment.

Low Impact - Intermediate

Suited to the more advanced participant. Cardio and muscle conditioning are more intense than in the beginner class. The instructor will provide modifications for all exercises.

Low Impact Mix

Add some variety to your low impact routine. This is a low impact class with some optional basic step intervals. ***Step experience is not required for this class.***

Mix It Up - Cardio Dance

This class is so much fun that you will forget that you are working out! The cardio component will include Latin, belly dance, hip hop, and rock and roll dance styles in an interval format with core work; ending with a long, relaxing stretch component.

Muscle Conditioning

This class offers a safe and effective strength workout (no cardio) for men and women which will build bone mass, increase muscle strength and improve muscle tone. Equipment such as body bars, stability balls, BOSU, hand weights and exercise bands is supplied and will vary according to location. This format is suited to all fitness levels.

Muscle Works

This is a strength training workout for all major muscle groups utilizing hand weights, body bars, resistance tubing, stability balls, cardio circuits and individual body resistance to improve muscle and core strength. This muscle conditioning class includes some cardio. Equipment will vary according to location.

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Code	Fee
Fit Together	16 yrs+	Angus Glen C.C.	Mon.	8:00 p.m. - 9:00 p.m.	Jul. 4	7	187384	$55.37
Forever Fit	55 yrs+	Centennial C.C.	Thu.	1:00 p.m. - 2:00 p.m.	Jul. 7	8	189006	$63.28
		Thornhill C.C.	Wed.	1:00 p.m. - 2:00 p.m.	Jul. 6	8	189007	$63.28
Low Impact - Beginner	16 yrs+	Milliken Mills C.C.	Sat.	9:30 a.m. - 10:30 a.m.	Jul. 9	6	187385	$48.03
Low Impact - Intermediate	16 yrs+	Centennial C.C.	Mon.	9:30 a.m. - 10:30 a.m.	Jul. 4	7	187386	$55.37
		Thornhill C.C.	Mon.	9:30 a.m. - 10:30 a.m.	Jul. 4	7	187387	$55.37
Low Impact Mix	16 yrs+	Thornhill C.C.	Wed.	10:40 a.m. - 11:40 a.m.	Jul. 6	8	187389	$63.28
Mix It Up - Cardio Dance	16 yrs+	Centennial C.C.	Sat.	9:30 a.m. - 10:30 a.m.	Jul. 9	6	188996	$48.03
Muscle Conditioning	16 yrs+	Angus Glen C.C.	Tue.	10:25 a.m. - 11:25 a.m.	Jul. 5	8	187398	$63.28
		Angus Glen C.C.	Tue.	8:10 p.m. - 9:10 p.m.	Jul. 5	8	187396	$63.28
		Angus Glen C.C.	Thu.	8:10 p.m. - 9:10 p.m.	Jul. 7	8	187397	$63.28
		Centennial C.C.	Thu.	10:40 a.m. - 11:40 a.m.	Jul. 7	8	187390	$63.28
		Centennial C.C.	Sat.	10:40 a.m. - 11:40 a.m.	Jul. 9	6	187391	$48.03
		Centennial C.C.	Sun.	9:30 a.m. - 10:30 a.m.	Jul. 10	6	187392	$48.03
		Thornhill C.C.	Mon.	8:15 p.m. - 9:15 p.m.	Jul. 4	7	187393	$55.37
		Thornhill C.C.	Wed.	7:00 p.m. - 8:00 p.m.	Jul. 6	8	187394	$63.28
		Thornhill C.C.	Thu.	5:30 p.m. - 6:30 p.m.	Jul. 7	8	187395	$63.28
Muscle Works	16 yrs+	Armadale C.C.	Wed.	7:30 p.m. - 8:30 p.m.	Jul. 6	8	187402	$63.28
		Centennial C.C.	Tue.	7:00 p.m. - 8:00 p.m.	Jul. 5	8	187400	$63.28
		Centennial C.C.	Fri.	5:30 p.m. - 6:30 p.m.	Jul. 8	7	187401	$55.37
		Centennial C.C.	Sun.	10:40 a.m. - 11:40 a.m.	Jul. 10	6	187399	$48.03
		Thornhill C.C.	Thu.	11:00 a.m. - 11:50 a.m.	Jul. 7	8	187403	$63.28
		Thornhill C.C.	Sat.	10:40 a.m. - 11:40 a.m.	Jul. 9	6	187404	$48.03

Fitness Classes

Please note that fitness club members do not use the class codes listed below, but should obtain their list from fitness centre staff.

Nia - Wellness Thru Movement

Discover the transformational power of joyful and purposeful movement. Nia blends an invigorating cardiovascular workout with global dance forms, martial arts, yoga, creative movement and powerful imagery. Blending aerobic exercise and conditioning and the therapeutic benefits of body integration therapies, this holistic fitness program creates a new sense of well-being for all ages and fitness levels. ***The course will be taught by a certified Nia instructor.***

Osteoporosis Exercise

Bone is living tissue and responds to exercise by becoming stronger. Two types of exercise maintain and build bone mass and density: weight bearing and resistance exercise. If you have been diagnosed with bone degeneration, this class can help you maintain and build bone mass.

Pilates - Level I - Fund.

Pilates (Pi-laa-teez) offers a functional approach to strength and flexibility training with exercises created to strengthen abdominal and back muscles while developing pelvic stability and abdominal control. Pilates increases flexibility and strength, improves posture and coordination and harmonizes mind and body. ***Please wear comfortable clothing. No footwear is worn during the class.***

Pilates - Level II

Pilates - Level I - Fundamentals is a prerequisite for this class. A great class for intermediate participants. Develop greater strength, flexibility and coordination and build on the fundamentals learned in Level I.

Power Circuit

This circuit class will keep your heart pumping as you move between the step, stability ball, hand weights and mats. ***Step experience is required.***

Rebounder Plus

Bounce your way to a fitter you. This circuit class combines the rebounder (mini trampoline), the BOSU and resistance training in a great cross training workout. Try this truly unique and beneficial challenging exercise format.

Relax and Stretch

Take some time to reduce your stress and improve your flexibility. There is no cardio component in this class. ***(Please bring a blanket.)***

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Code	Fee
Nia - Wellness Thru Movement	16 yrs+	Angus Glen C.C.	Mon.	9:30 a.m. - 10:30 a.m.	Jul. 4	7	187410	$75.71
		Centennial C.C.	Wed.	8:00 p.m. - 9:00 p.m.	Jul. 6	8	187405	$85.88
		Thornhill C.C.	Mon.	7:10 p.m. - 8:05 p.m.	Jul. 4	7	187406	$75.71
		Thornhill C.C.	Tue.	9:00 a.m. - 9:50 a.m.	Jul. 5	8	187407	$85.88
		Thornhill C.C.	Thu.	9:00 a.m. - 9:50 a.m.	Jul. 7	8	187408	$85.88
		Thornhill C.C.	Thu.	6:45 p.m. - 7:45 p.m.	Jul. 7	7	187409	$75.71
Osteoporosis Exercise	16 yrs+	Centennial C.C.	Mon.	1:00 p.m. - 2:00 p.m.	Jul. 4	7	187411	$75.71
		Markham Seniors Centre	Mon.	10:00 a.m. - 11:00 a.m.	Jul. 4	7	187412	$75.71
		Thornhill C.C.	Tue.	1:00 p.m. - 2:00 p.m.	Jul. 5	8	187413	$85.88
		Thornhill C.C.	Thu.	12:30 p.m. - 1:30 p.m.	Jul. 7	8	187414	$85.88
Pilates - Level I - Fund.	16 yrs+	Angus Glen C.C.	Tue.	9:15 a.m. - 10:10 a.m.	Jul. 5	8	187421	$85.88
		Angus Glen C.C.	Sun.	9:30 a.m. - 10:25 a.m.	Jul. 10	6	187423	$64.97
		Centennial C.C.	Wed.	6:45 p.m. - 7:40 p.m.	Jul. 6	8	187416	$85.88
		Centennial C.C.	Thu.	5:20 p.m. - 6:15 p.m.	Jul. 7	8	187415	$85.88
		Crosby C.C.	Sat.	9:30 a.m. - 10:25 a.m.	Jul. 9	6	187417	$64.97
		Thornhill C.C.	Mon.	1:15 p.m. - 2:10 p.m.	Jul. 4	7	187418	$75.71
		Thornhill C.C.	Tue.	10:00 a.m. - 10:50 a.m.	Jul. 5	8	187419	$85.88
		Thornhill C.C.	Thu.	7:00 p.m. - 7:55 p.m.	Jul. 7	8	187420	$85.88
Pilates - Level II	16 yrs+	Angus Glen C.C.	Wed.	10:20 a.m. - 11:15 a.m.	Jul. 6	8	188988	$85.88
		Angus Glen C.C.	Sun.	10:30 a.m. - 11:25 a.m.	Jul. 10	6	188989	$64.97
		Centennial C.C.	Thu.	6:20 p.m. - 7:15 p.m.	Jul. 7	8	188984	$85.88
		Crosby C.C.	Sat.	10:40 a.m. - 11:35 a.m.	Jul. 9	6	188985	$64.97
		Thornhill C.C.	Tue.	11:00 a.m. - 11:50 a.m.	Jul. 5	8	188986	$85.88
		Thornhill C.C.	Tue.	5:50 p.m. - 6:45 p.m.	Jul. 5	8	188987	$85.88
Power Circuit	16 yrs+	Thornhill C.C.	Fri.	8:30 a.m. - 9:20 a.m.	Jul. 8	7	187424	$55.37
Rebounder Plus	16 yrs+	Centennial C.C.	Thu.	8:30 a.m. - 9:15 a.m.	Jul. 7	8	187425	$63.28
Relax and Stretch	16 yrs+	Centennial C.C.	Mon.	10:40 a.m. - 11:40 a.m.	Jul. 4	7	187427	$55.37
		Centennial C.C.	Wed.	10:40 a.m. - 11:40 a.m.	Jul. 6	8	187426	$63.28
		Rouge River C.C.	Tue.	8:10 p.m. - 9:10 p.m.	Jul. 5	8	189005	$63.28
		Thornhill C.C.	Mon.	10:40 a.m. - 11:40 a.m.	Jul. 4	7	187428	$55.37
		Thornhill C.C.	Fri.	10:40 a.m. - 11:40 a.m.	Jul. 8	7	187429	$55.37

Fitness Classes

Summer 2011

Please note that fitness club members do not use the class codes listed below, but should obtain their list from fitness centre staff.

Shimmy & Shake

Ladies this class is exclusively for you - shimmy your way to a fitter you! This is a cardio based class with mild and more intense cardio segments with lots of pelvic movement! Join us for a fun, cardio-burning dance-based class.

Stability Ball

Would you like to develop core strength and stability, improve your posture, improve muscle tone and definition and increase your mobility and flexibility? Join our stability ball class. Hand weights and exercises bands will also be used in the class. ***Please note: If you are new to muscle conditioning, it is recommended that you attend our muscle conditioning class before advancing to our stability ball class.***

Step Beginner

Experience this great exercise format. Learn basic stepping. ***The class includes cardio and muscle conditioning.***

Step Challenge

Variety, challenging choreography and a great workout in a fun environment, this class includes both cardio and muscle conditioning. ***Previous step experience is necessary.***

Step Dance

If you have step exercise experience and love to dance, you will enjoy this class. The traditional step format is enhanced with choreographed dance moves to give you a great cardio workout. This class also contains a muscle conditioning component.

Step Intermediate

A more intense workout than step beginner. The cardio component of the class will be between 30-35 minutes in length. Free weights, dynabands or body bars will be used for resistance training. ***(Equipment may vary according to location.) Step experience is required for this class.***

Step Interval

Have you mastered basic step moves and looking for a increased challenge? Join our step interval class and learn more choreograph and increase your intensity. This class alternates between choreographed step segments and cardio intervals, finishing off with muscle conditioning. ***This class suits all fitness levels, but basic step experience is required.***

Stretch It Out

Start your day right - reduce stress and anxiety; improve your fitness level, flexibility and balance. This 45 minute full body stretch class will use equipment (e.g. stability balls, tubing, Yoga balls) to enhance the program.

Tough It Out, Girl!

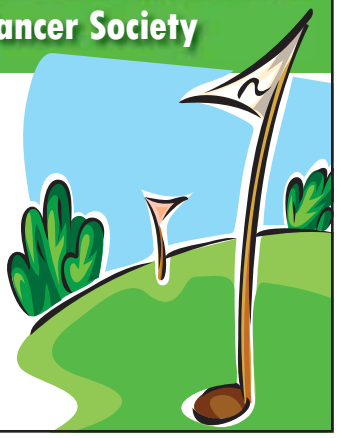
Ladies, are you looking for a challenging workout that can show results? This total body workout, designed just for women, can reduce weight and stress and tone muscles through core conditioning, drills, circuits, strength training and stretching. Make the commitment to a better you!

Fitness

It's our 15th Annual Golf Tournament

in aid of The Canadian Cancer Society

Sunday, June 26, 2011 at The Maples of Ballantrae, Executive Course



No golf experience necessary!
Please call **Carol Manning**, Recreation Supervisor at **905-294-6111 ext. 234** or **cmanning@markham.ca** for more information.

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Code	Fee
Shimmy & Shake	16 yrs+	Centennial C.C.	Fri.	10:40 a.m. - 11:40 a.m.	Jul. 8	7	187430	$75.71
Stability Ball	16 yrs+	Centennial C.C.	Tue.	10:40 a.m. - 11:40 a.m.	Jul. 5	8	187432	$63.28
		Centennial C.C.	Fri.	9:30 a.m. - 10:30 a.m.	Jul. 8	7	187431	$55.37
Step Beginner	16 yrs+	Centennial C.C.	Mon.	7:00 p.m. - 8:00 p.m.	Jul. 4	7	187433	$55.37
		Centennial C.C.	Wed.	9:30 a.m. - 10:30 a.m.	Jul. 6	8	187434	$63.28
		Thornhill C.C.	Sun.	10:40 a.m. - 11:40 a.m.	Jul. 10	6	187435	$48.03
Step Challenge	16 yrs+	Thornhill C.C.	Sun.	9:30 a.m. - 10:30 a.m.	Jul. 10	6	187436	$48.03
Step Dance	16 yrs+	Centennial C.C.	Thu.	9:30 a.m. - 10:30 a.m.	Jul. 7	8	187437	$63.28
Step Intermediate	16 yrs+	Centennial C.C.	Mon.	5:30 p.m. - 6:30 p.m.	Jul. 4	7	187438	$55.37
		Centennial C.C.	Wed.	5:30 p.m. - 6:30 p.m.	Jul. 6	8	187439	$63.28
Step Interval	16 yrs+	Armadale C.C.	Wed.	6:15 p.m. - 7:15 p.m.	Jul. 6	8	187442	$63.28
		Thornhill C.C.	Mon.	11:50 a.m. - 12:50 p.m.	Jul. 4	7	187443	$55.37
		Thornhill C.C.	Wed.	9:30 a.m. - 10:30 a.m.	Jul. 6	8	187445	$63.28
		Thornhill C.C.	Wed.	5:30 p.m. - 6:30 p.m.	Jul. 6	8	187446	$63.28
		Thornhill C.C.	Sat.	9:30 a.m. - 10:30 a.m.	Jul. 9	6	187444	$48.03
Stretch It Out	16 yrs+	Centennial C.C.	Tue.	8:30 a.m. - 9:15 a.m.	Jul. 5	8	188995	$63.28
Tough It Out, Girl!	16 - 75 yrs	Angus Glen C.C.	Wed.	7:00 p.m. - 8:00 p.m.	Jul. 6	8	188993	$85.88
		Centennial C.C.	Thu.	8:30 p.m. - 9:30 p.m.	Jul. 7	8	188994	$85.88