



Aaniin Community Centre

Spring 2020 Fitness Class Schedule

*No Classes April 10, 13 & May 18 2020



Session Dates: Saturday March 21 - Friday June 26 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning classes						
Morning Classes						
9:30 AM *Yoga I Elaine -----	9:30 AM Pilates I Sandye -----	9:30 AM *Yoga I Radica -----	9:30 AM *Yoga I Parul -----	9:30 AM Cardio Dance Hope GYM 3 -----	9:30 AM Muscle Conditioning Alana -----	9:00 AM Zumba Michael GYM 3 -----
10:40 AM Boot Camp Kevin -----	10:40 AM *Yoga I Sandye	10:40 AM Muscle Conditioning Vanessa	10:40 AM Cardio Dance Soca Hope GYM 3	9:30 AM *Yoga Meditative Indy -----	10:40 AM *Yoga/ Yin 75min Alana Older Adult Room	10:10 AM *Yoga I Radica
11:50 AM Pilates I Joanne				10:40 AM *Yoga Meditative Indy		
Mid - Day & Evening Classes						
			12:00 PM Zumba 45 Min Rosie			
	5:45 PM HIIT (45min) Vanessa R -----	5:45 PM Zumba Betty -----	5:45 PM Boot Camp Lori -----	5:45 PM Strong by Zumba Vanessa R -----	5:30 PM Zumba Hershey	
	7:00 PM Zumba Vanessa R GYM 1&2	7:00 PM Muscle Conditioning Sherry -----	7:00 PM *Yoga I Ivy	7:00 PM *Yoga I Patty		
		8:10 PM Yoga Meditative Radica				

Group Exercise Policy:

1. Group Fitness Wristband Process - Fitness staff hand out wrist bands 30 minutes before class start time. If you are participating in back to back classes please pick up a wristband for both classes. We will be holding a number of wristbands for the members who are only attending the second class and will be released 30 minutes before.
2. You must be 14 years or older to participate in Group Fitness Programming.
3. All equipment must be wiped down after use with the wipes provided in the Group Exercise and Spin Studios. This includes but not limited to Exercise and Yoga Mats, Stability Balls, Gliders & Bikes.
4. Cell phones are not permitted in Group Fitness classes.
5. Appropriate athletic attire: clean athletic-type shoes & attire.
6. Classes with less than 10 participants over 3 consecutive weeks are subject to cancellation.

SEE ALL GROUP FITNESS CLASSES ONLINE!



markham.ca/fitness

Class Type	Adult		Senior (65+)	
Regular Fitness Class	\$	12.25	\$	8.55
*Specialty Fitness Class	\$	14.85	\$	10.40
Regular Fitness 10 pass	\$	110.15	\$	77.10
Specialty Fitness 10 pass	\$	133.60	\$	93.50

All Group Fitness Inquiries / Feedback please contact:
groupfitness@markham.ca

Aaniin Community Centre
5665 14th Avenue
Markham, Ontario L3S 3K5
(905) 513-7977

Hours of Operation
Monday - Thursday:
5:30 am - 10:00 pm
Friday:
5:30 am - 9:00 pm
Saturday - Sunday:
7:30 am - 6:00 pm