



Armada 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
Morning Classes						
	9:30AM Cardio Dance Hope Dance Studio ----- 10:40AM Cycle Hope Fitness Room	9:30AM *Cycle Alana Fitness Room ----- 10:40AM *Yoga I Alana Room A/B		11:50 AM *Yoga I Katy Room A/B		9:10 AM (45min) Low Impact - Beg Jeela Room C/D ----- 10:00 AM (45min) *Yoga I Jeela Room C/D
Evening Classes						
<div> Attend a Class </div> <p>Become a fitness member: By becoming a fitness member, you have access to all group fitness classes and all five fitness centres. Visit any fitness centre to become a member.</p> <p>Pay-per-class: You can drop in to any group fitness class on a pay-per-class basis. Drop in fees vary depending on the class and some locations require pre-purchased admission.</p>		7:00PM (30min) Cycle Cassie Fitness Room ----- 7:00PM (30min) Muscle Conditioning Glen Room C/D ----- 7:40PM (30min) Cycle Cassie Fitness Room ----- 7:40PM (30min) Muscle Conditioning Glen Room C/D			5:30PM Cycle Nancy R Fitness Room	

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

Armada CC
2401 Denison Street
Markham, Ontario L3S 1E7
(905) 474-1007

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