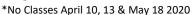


## **Thornhill Community Centre**

## Spring 2020 Fitness Class Schedule



Session Dates: Saturday March 21 - Friday June 26 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
	Early Morning classes									
8:15 AM	8:20 AM	8:20 AM	8:45AM (UAL)	8:20 AM	8:20 AM					
*Yoga I	Low Impact- Int	Muscle Conditioning	Cycle Fitness	Muscle Works	Circuit Blast					
Alana	Soroya	Rana	Elizabeth	Soroya	Mitzi					
	8:45AM (UAL)	9:00 AM (Gym)	9:00 AM (Gym)							
	Cycle Fitness	*Nia	Zumba							
	Elizabeth	Cinzia	Michael							
Morning Classes										
9:30 AM	9:30 AM	9:30 AM	9:30AM	9:30 AM	9:30 AM	9:30 AM				
Step Challenge	Relax and Stretch	Step - Beginner	Barre	*Yoga I	Low Impact - Int.	Step Interval				
Lorne	Janine	Lorne	Lissandra	Alana	Anne	Lorne				
				GYM						
10:40 AM	10:40 AM	10:40 AM	10:40AM		10:40 AM	10:40 AM				
Muscle	Forever Fit	Pilates I/2	Yoga-Gentle	10:40 AM	Relax & Stretch	Muscle Works				
Conditioning	Janine	Janine	Nancy	Zumba	Anne	Lorne				
Lorne				Michael						
					11:50 AM	11:50 AM				
11:50AM					Zumba	Zumba				
Zumba					Michael	Annie				
Michael										
			- Day & Evening Cla							
	1:00 PM	1:00PM		1:00PM	1:00PM					
	Pilates I/2	*Osteo		*Osteo	*Yoga I					
	Paula	Conditioning		Conditioning	Alana					
		Paula		Janine						
	F. 4F DN4			F. 45 DN4						
	5:45 PM			5:45 PM						
	*Yoga - Power			Zumba						
	Alana 			Michael 						
	7:00 PM	7:00 PM	7:05 PM							
	7.00 PM *Nia	Zumba	Cycle & Stretch	7:00 PM						
			Elizabeth	*Yoga I						
	Sandy	Cherrylyn		Alana						
	 0.1E DN/		Upper Arena Lounge							
	8:15 PM		 7:05 PM							
	Muscle									
	Conditoning		Muscle Conditoning							
	Anne		Conditoning Lorne							
			Loine							

## **Group Exercise Policy:**

- 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.





## 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 plase contact:

groupfitness@markham.ca

Thornhill Community Centre 7755 Bayview Ave. Thornhill, Ontario L3T 4P1 (905) 944-3800 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