



# Thornhill 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
<b>Early Morning classes</b>						
8:15 AM <b>*Yoga I</b> Alana	8:20 AM <b>Low Impact- Int</b> Soroya ----- 8:45AM (UAL) <b>Cycle Fitness</b> Elizabeth	8:20 AM <b>Muscle Conditioning</b> Rana ----- 9:00 AM (Gym) <b>*Nia</b> Cinzia	8:45AM (UAL) <b>Cycle Fitness</b> Elizabeth ----- 9:00 AM (Gym) <b>Zumba</b> Michael	8:20 AM <b>Muscle Works</b> Soroya	8:20 AM <b>Circuit Blast</b> Mitzi	
<b>Morning Classes</b>						
9:30 AM <b>Step Challenge</b> Lorne ----- 10:40 AM <b>Muscle Conditioning</b> Lorne ----- 11:50AM <b>Zumba</b> Michael	9:30 AM <b>Relax and Stretch</b> Janine ----- 10:40 AM <b>Forever Fit</b> Janine -----	9:30 AM <b>Step - Beginner</b> Lorne ----- 10:40 AM <b>Pilates I/2</b> Janine	9:30AM <b>Barre</b> Lissandra ----- 10:40AM <b>Yoga-Gentle</b> Nancy	9:30 AM <b>*Yoga I</b> Alana <b>GYM</b> ----- 10:40 AM <b>Zumba</b> Michael	9:30 AM <b>Low Impact - Int.</b> Anne ----- 10:40 AM <b>Relax &amp; Stretch</b> Anne ----- 11:50 AM <b>Zumba</b> Michael	9:30 AM <b>Step Interval</b> Lorne ----- 10:40 AM <b>Muscle Works</b> Lorne ----- 11:50 AM <b>Zumba</b> Annie
<b>Mid - Day &amp; Evening Classes</b>						
	1:00 PM <b>Pilates I/2</b> Paula  5:45 PM <b>*Yoga - Power</b> Alana ----- 7:00 PM <b>*Nia</b> Sandy ----- 8:15 PM <b>Muscle Conditioning</b> Anne	1:00PM <b>*Osteo Conditioning</b> Paula  7:00 PM <b>Zumba</b> Cherrylyn	7:05 PM <b>Cycle &amp; Stretch</b> Elizabeth <b>Upper Arena Lounge</b> ----- 7:05 PM <b>Muscle Conditioning</b> Lorne	1:00PM <b>*Osteo Conditioning</b> Janine  5:45 PM <b>Zumba</b> Michael ----- 7:00 PM <b>*Yoga I</b> Alana	1:00PM <b>*Yoga I</b> Alana	

### 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](http://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](mailto: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