

BURNHAMTHORPE COMMUNITY CENTRE - Fitness Classes Drop In Schedule
(905) 615-4630 activemississauga.ca
Effective: Fall 2017 (Saturday, September 23rd – Friday, December 23rd)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga for Older Adults 11:00 am Ankur	Low and Tone 9:15 am Heidi	MBC 9:30 am Darlene	BLC 9:15 am Heidi	Yoga 9:30 am Darlene	Pilates 9:30 am Darlene	
		Zumba Gold® Age 55+ 10:30 am Darlene		Zumba for Women 10:35 am Darlene	Zumba® 10:30 am Gemma	
Yoga for Women 5:25 pm Alka	BLC 6:30 pm Jad			BLC 6:30 pm Darlene	<div>BCC Construction Project</div> <div>From September 5 to October 28, 2017 the community centre will be under construction. The construction involves several new rooftop air-handling units (HVAC) and roof construction.</div> <div>During this period, the following rooms will be closed:</div> <div><ul style="list-style-type: none">Applewood Hills AuditoriumFleetwood RoomPortions of the Lobby</div> <div>The rest of the community centre and arena will remain open and will be unaffected by the construction.</div>	
Total Body Toning 6:30 pm Monika		Pilates 6:30 pm Darlene	Zumba® 6:30 pm Gabi			
Zumba® 7:35 pm Gemma	Yoga 7:35 pm Martha	Zumba Step 7:35 pm Darlene	Yoga 7:35 pm Darlene			

FITNESS CLASS DESCRIPTIONS

BLC: Muscle conditioning for the buttocks, legs and core.

HI/LOW & TONE: High/low cardio moves, followed by a toning segment with resistance equipment.

LOW & TONE: Low impact cardio moves, followed by a toning segment with resistance equipment.

MIND BODY CORE: A class blending principles from Pilates and yoga with strength and endurance conditioning exercises, for a full mind and body experience

PILATES: Strength training that focuses on attaining core stability while providing a full body workout!

TOTAL BODY TONING: The focus is on muscle strength and endurance. A variety of equipment is used in this class.

YOGA: A variety of Yoga movements and practice combined with breathing and relaxation techniques.

YOGA FOR OLDER ADULTS: Each yoga class uses a variety of muscle stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. With the assistance of blocks, straps and chairs, students are encouraged to work in their own range of abilities.

ZUMBA®: This class combines high energy and motivating music with unique moves and combinations.

ZUMBA GOLD®: Modifies the moves and pace of the original Zumba to suit the needs of the active older adult and those new to Zumba®. It's easy to do, effective and most of all, fun.

ZUMBA STEP®: This class incorporates traditional step basics into routines and fuses them to Latin dance rhythms. Dance behind the step, around the step and over the step. Choreography is kept uncomplicated so anyone can follow.

Fitness Class Access. Participation is on a first come, first served basis. Participants can check in at the Front Desk 30 minutes prior to class start time (individual check in only). Class capacity varies based on the format. **Wrist band policy is in effect.**

Class formats and instructors are subject to change.



Burnhamthorpe Community Centre

1500 Gulleden Drive
Mississauga, ON
L4X 2T7

Phone: (905)615-4630

mississauga.ca/fitness

Membership Rates

activemississauga.ca

A Fitness Membership includes:

- Access to all 12 City of Mississauga Fitness Centre amenities and services. Amenities vary by location.
- **Cardio & Weight Room Equipment**
- **Fitness Starter Program:** A complimentary **45-min** session with a trainer providing a basic exercise program to give you a great start. Sign up at the Customer Service Desk.
- **Squash Courts** –located at Civic Centre, Meadowvale, River Grove, South Common and Terry Fox centres.
- **Fitness Classes** – over **350 classes** offered across the City weekly.
- **Arenas:** Includes Fun Skate (for all ages); Family Skate (children under 16 must be accompanied by a skating adult); Adult/Senior Skate (18+ yrs).
- **Pools:** Includes public swims, lane swims, hot tubs, saunas.

City of Mississauga Fitness Rates (prices are subject to applicable taxes)

	12 Months <i>(Best Buy)</i>	3 Months <i>(full 3-month payment required)</i>	1 Month	5+ Visits Pass	Single Visit <i>(pay-as-you go)</i>
• Adult (18+ yrs)	\$37.00/month \$444.00/year	\$50.00/month \$150.00/3 months	\$54.00	\$9.00/visit	\$10.00
• Youth (10-17 yrs)* • Student (with ID)* • Person with Disability * • Older Adult (65+ yrs)*	\$29.60/month \$355.20/year <i>(20% off adult price)</i>	\$40.00/month \$120.00/3 months	\$43.20	\$7.20/visit	\$8.00

**denotes appropriate documentation required*

A **12-Month Membership is the best buy** with the lowest monthly payment option and no contract. Cancellations do require formal notification and a \$10.00 administration fee applies.

Family and corporate discounts also available.

Programs close by Burnhamthorpe Community Centre	You have access to all 13 of our fitness facilities and programs. If you have a membership, that gives you access to over 350 classes each week and 8 weight room facilities. Did you know how close you could be? <i>(Approximate distances)</i>			
	Mississauga Valley Frank McKechnie	4 km 7 km	Huron Park Recreation Centre Carmen Corbasson Community Centre	10 km 7 km