

CARMEN CORBASSON - Fitness Class Schedule

(905) 615-4800 activemississauga.ca

Effective: Winter 2017 (Saturday, January 7- Friday, March 10)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Low Impact with Pilates 9:30 am (R/DI)				Boot Camp 8:30 am (R/DI)	
Walk Fit 10:00 am (R/DI)		Walk Fit 10:00 am (R/DI)		Walk Fit 10:00 am (R/DI)		Dance Fit 9:35 am (R/DI)
	Parent & Baby Fitness 10:45am (R/DI)				Yoga 60 min 9:30am (R/DI)	
Kickbox Cardio 6:00 pm (R/DI)	Hi/Low & Tone 6:00 pm (R/DI)		Total Body Workout 6:00 pm (R/DI)		Total Body Workout 9:35 am (R/DI)	
Yoga Abs 6:30 pm (R/DI)			Walk Fit Circuit 6:45 pm (R/DI)	Zumba® 6:30 pm (R/DI)		
Zumba® 7:05 pm (R/DI)	Zumba® Advanced 7:05 pm (R/DI)	Buttocks, Legs & Core 7:05pm (R/DI)	Dance Fit 7:05 pm (R/DI)		<p><i>Classes are 60 min in length unless otherwise noted.</i></p> <p>(R) - registration ONLY classes (R/DI) - registration and drop-in spaces available</p> <p>Please check online at activemississauga.ca in "details" for program exception dates.</p>	
Insanity® 7:40 pm (R/DI)		Yoga 90 min 7:35-9:05 pm (R)	Yoga 60 min 7:15 pm (R/DI)			
		Pole Fitness Intermediate 7:45 pm (R)				
Buttocks, Legs & Core 8:10 pm (R/DI)	Turbo Kick® 8:10 pm (R/DI)	Boot Camp 8:10 pm (R/DI)	Cardio Pump 8:10 pm (R/DI)			

FITNESS CLASS DESCRIPTIONS

BOOTCAMP: Muscular endurance intervals & core work

BUTTOCKS, LEGS & CORE: Muscle conditioning for your BLC!

CARDIO PUMP: Intervals of cardio and resistance training ending with a stretch and relaxation component

DANCE FIT: get fit while dancing your heart out to various types of music

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

INSANITY®: Part of the Beach Body® Workout Program, this is an intense plyometric workout designed around intervals of strength, power, resistance and core training moves.

KICKBOX CARDIO: A great total body and core workout with some practical punches, kicks and block techniques.

LOW IMPACT WITH PILATES: 30 minutes of hi/lo cardio followed by 30 minutes of pilates

PARENT & BABY FITNESS: Enjoy the benefits of a low impact class followed by muscle conditioning. Bring baby's stroller/car seat and blanket to make your infant comfortable. Babies must be six weeks to pre-crawling.

POLE FITNESS: Pole dancing for women offered in partnership with Felinity Studios offers a complete body workout

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

TURBO KICK®: Athletic kickboxing including sports drills and dance.

WALKFIT: A qualified instructor will lead you on a brisk indoor walk and show you how to tone and condition your muscles

WALKFIT CIRCUIT: Walking interval classes.

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

YOGA ABS: A core strengthening workout with Yoga

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

Class formats and instructors are subject to change.

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.**



Carmen Corbasson Community Centre

1399 Cawthra Road
Mississauga, ON L5G 4L1

Phone: 905-615-4800

mississauga.ca/fitness

Hours of Operation

Mon, Tues & Thurs	8:30 am - 9:00 pm
Wed & Fri	7:30am-9:00pm
Saturday	8:00 am - 1:30 pm
Sunday	11:30 am - 2:30 pm

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 60-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.
- **Indoor Walking Track-** located at Carmen Corbasson and Meadowvale.

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	\$47.67/month \$143.00/3 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>	\$38.13/month \$114.40/3 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.

Walking Track Membership Rates	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	\$100.00	\$50.00	\$25.00	\$2.48/visit	\$2.75
Older Adult/Youth/Persons with Disability <i>(as above)</i>	\$80.00	\$40.00	\$20.00	\$1.98/visit	\$2.20

Walking Track Hours	Membership Holders	PAYG & Visit Pass Holders	Walking track is CLOSED to members and drop-in during registered program time including the following:	
	Monday - Friday 6:30am - 10:00pm Saturday & Sunday 7:00am - 10:00pm	Monday - Friday: 8:30am - 9:00pm Sat: 8:00am - 1:00pm Sun: 11:30am-2:30pm	Mon - 10:00-11:00 am Tues - 9:00-11:30 am & 6:45-7:45pm Wed - 10:00- 11:00 am	Thurs - 9:00 - 10:00 am Thurs - 6:45 - 7:45 pm

Walking Track memberships are only applicable at Carmen Corbasson. Access to all walking tracks is included with Fitness and Therapeutic Memberships.