

SOUTH COMMON COMMUNITY CENTRE - Fitness Class Schedule (updated Oct. 28/16)

(905) 615-4770 activemississauga.ca

Effective: Fall 2016 (Tuesday, September 6- Saturday, December 31)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Gold® 9:00 am (Arbour) Wendy H	Yoga 8:45 am (Arbour) Elizabeth	Total Body W/O 9:05 am Bruce		Zumba® 9:05 am (Tempo) Lei	Hi/Low and Tone 8:45 am Beata/Bruce	Total Body Toning 8:45 am Lori/Cathy
TBT/Step 9:05 am Cathy	20/20/20 9:05 am Arleigh	Zumba 9:15 am (Tempo) Viviane	Total Body Toning 9:05 am Lei	Step 9:05 am Joyce		
Hi/Lo and Tone 10:10 am Wendy	Total Body Toning 10:10 am Kamla	Low Impact Interval 10:10 am Arleigh	Step 10:10 am Cathy	Total Body Toning 10:10 am Lei	Yoga 10:00 am Beata	Zumba® 10:00 am Gabriela
Mobility& Stability 10:15 am (Youth) Cathy		Low Impact Gentle 10:10 am (Arbour) Lei		Low Impact Gentle 11:10 am Karmela/Carolyn		Stretch Class 11:00 am Beata
Mind, Body Core 11:15 am (Arbour) Lorrie	On the Ball 11:10 am Lei	Mind, Body Core 11:15 am (Arbour) Carrie	Low Impact Interval 11:10 am Lei	Mind, Body Core 11:15 am (Arbour) Laura	Low and Tone 11:15 am Karmela/Carolyn	
Total Body Toning 12:15 pm Carolyn		Total Body Toning 12:15 pm Carolyn		Total Body Toning 12:15 pm Carolyn	Total Body Toning 12:15 pm Beata	
					<p><i>Classes are 60 min in length unless otherwise noted.</i></p> <p><i>We encourage you to try out a variety of class types and instructors.</i></p> <p>Please check online at activemississauga.ca in "details" for program exception dates.</p>	
Hi/Lo and Tone 5:20 pm Beata	Hi/Lo and Tone 5:20 pm Beata	Cardio Pump 5:20 pm Carolyn	Total Body Toning 5:30 pm Carolyn	Zumba® 5:30 pm Victoria		
Zumba® 6:30 pm Victoria	Zumba® 6:15 pm Nelly	Total Body Toning 6:15 pm Taru/Jamie	Zumba® 6:30 pm Nelly			
	Total Body Toning 7:15 pm Karina/Cathy Mac	Boot Camp 7:15 pm Sue	Step and Tone 7:30 pm Lori			
Step and Tone 7:30 pm Lori	Yoga Power 7:30 pm (Arbour) Laura		Yoga 7:30 pm (Arbour) Lorrie			
	Turbo Kick 8:15 pm Nelly	Zumba® 8:30 pm Nelly	Insanity® 8:30pm Nelly			

Class formats and instructors are subject to change.

FITNESS CLASS DESCRIPTIONS

20/20/20: Two 20 minute cardio sessions (step and hi/lo) followed by toning.

CARDIO PUMP: Intervals of cardio & resistance training.

LOW IMPACT GENTLE: A less intense class with longer warm-up, controlled toning exercises and an extended cool down/relaxation component.

HI/LO AND TONE: Combination of high & low impact routine, followed by a toning segment with resistance equipment.

INSANITY®: an intense plyometric workout designed around intervals of strength, power, resistance and core training moves. No equipment needed.

LOW IMPACT INTERVAL: Low impact cardio alternating with muscle conditioning segments.

MIND, BODY AND CORE: Creative movement class, blending pilates & yoga with strength and endurance conditioning.

MOBILITY & STABILITY: Gentle resistance routines with will help improve posture, gait, and balance.

ON THE BALL: Using a variety of exercise balls to increase strength & flexibility.

STRETCH CLASS: A class focussing on stretches. Designed to improve and increase flexibility.

STEP: The use of variable-height steps during the aerobic portion of the class.

STEP AND TONE: Aerobic stepping followed by resistance training.

TOTAL BODY TONING: Focus is on muscle strength and endurance. A variety of equipment is used.

TOTAL BODY WORKOUT: This high energy class uses a variety of techniques to increase your cardio, muscle strength and endurance

YOGA: Uses a variety of muscle stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress..

YOGA POWER: For those familiar with basic yoga movements but looking for more for a challenge.

ZUMBA®: Dance-sculpting combo class.

ZUMBA GOLD®: Modifies the moves and pace of the original Zumba to suit the needs of the active older adult

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.**

South Common Community Centre

2233 South Millway
Mississauga, ON L5L 3H7

Phone: 905-615-4770

mississauga.ca/fitness

Hours of Operation

Monday - Thursday	6:00 am - 10:00 pm
Friday	6:00 am - 9:30 pm
Saturday & Sunday	8:00 am - 5:00 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.

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.

	Private	Semi-private (2 people)	
Personal Training 60-min session			Our personal trainers are highly qualified, holding both degrees and certifications. They will take the time to establish goals and develop a program based on your individual needs and preferences. To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.
1-3 sessions	\$50.00/session	\$35.00/session pp	
4 + sessions	\$40.00/ session	\$28.00/session pp	
Squash Lessons 40-min session	Private	Semi-private (2 people)	Squash lessons and league To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member. To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.
1 lesson	\$42.00	\$35.00/session pp	
Buy 2, get one FREE	\$84.00	\$70.00/person	