**SOUTH COMMON COMMUNITY CENTRE - Fitness Class Schedule** *(updated Jan. 11/18)*

*(905) 615-4770  activemississauga.ca*

**Effective: Winter 2018 (Tuesday January 2 - Thursday March 29)**

**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.**

### Monday
- **Zumba Gold®**: 9:00 am (Arbour)
- **Wendy H**: 8:45 am (Arbour)
- **Elizabeth**: 9:00 am (Tempo)
- **Karina**: 9:05 am (Tempo)
- **Step and Tone**: 9:05 am
- **Total Body Toning**: 9:05 am
- **Hi/Low and Tone**: 10:10 am (Arbour)
- **Zumba**: 10:15 am (Arbour)
- **Mind, Body Core**: 11:15 am
- **Low Impact**: 6:30 pm
- **High Impact**: 7:00 pm
- **Total Body Toning**: 12:15 pm
- **Pilates**: 5:20 pm
- **Step and Tone**: 7:30 pm
- **Total Body Toning**: 8:45 am
- **Wendy H**: 9:00 am (Arbour)
- **Elizabeth**: 9:00 am (Tempo)
- **Karina**: 9:05 am (Tempo)
- **Step**: 9:05 am
- **Yoga**: 10:00 am
- **Hi/Low and Tone**: 10:10 am (Arbour)
- **Beeta**: 10:15 am (Arbour)
- **Mind, Body Core**: 11:15 am (Arbour)
- **Low Impact**: 6:30 pm
- **Total Body Toning**: 12:15 pm
- **Pilates**: 5:20 pm
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- **Zumba**: 9:00 am (Tempo)
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- **Low Impact**: 6:30 pm
- **Total Body Toning**: 12:15 pm
- **Pilates**: 5:20 pm
- **Step and Tone**: 7:30 pm
- **Total Body Toning**: 8:45 am

### Fitness Class Descriptions

- **ZUMBA®**: A fun, energizing dance party designed for all ages.  No previous dance experience is required.
- **ZUMBA®**: Original music combined with Latin, international rhythms andompound-inspired choreography.
- **YOGALATES®**: A dance-sculpting combo class.
- **YOGA**: A variety of techniques to increase your cardio, muscle strength and endurance.
- **TOTAL BODY WORKOUT**: Uses a variety of techniques to increase strength, balance and flexibility.
- **INSANITY®**: An intense plyometric workout designed around intervals of strength, power, resistance and core training moves. No equipment needed.
- **KICKBOX CARDIO®**: A total body and core workout with punches, kicks and block techniques.
- **LOW IMPACT GENTLE**: A less intense class with longer warm-up, controlled toning exercises and an extended cool down/relaxation component.
- **LOW IMPACT INTERVAL**: Low impact cardio alternating with muscle conditioning segments.
- **MOBILITY & STABILITY**: Creative movement class, blending pilates & yoga with strength and endurance conditioning.
- **STRETCH CLASS**: A class focussing on stretches. Designed to improve and increase flexibility.
- **Wrist band policy is in effect.**

### Exceptions

- **20/20/20**: Two 20 minute cardio sessions (step and hi/lo) followed by toning.
- **MOBILITY & STABILITY**: Gentle resistance routines will help improve posture, gait, and balance.
- **PILATES**: Focus on core stability while providing a full body workout. Emphasis placed on breath, body alignment, control and form.
- **STRETCH CLASS**: A class focussing on stretches. Designed to improve and increase flexibility.
- **STREETI®**: A class focussing on stretches. Designed to improve and increase flexibility.
- **YOGALATES®**: A blend of movements from the disciplines of yoga. Pilates and fitness conditioning with a focus on improving strength, balance and flexibility.
- **ZUMBA®**: Dance-sculpting combo class.
- **ZUMBA®**: Original music combined with Latin, international rhythms andompound-inspired choreography.

### damit for program exception dates.

**Please check online at activemississauga.ca in “details” for program exception dates.**

**Classes are 60 min in length unless otherwise noted.**

**We encourage you to try out a variety of class types and instructors.**

**NOTES:**

- **Classes are 60 min in length unless otherwise noted.**
- **We encourage you to try out a variety of class types and instructors.**

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City of Mississauga Fitness Rates

Prices are subject to applicable taxes. A $10 non-resident fee applies outside Mississauga.

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>12 Months (Best Buy)</th>
<th>3 Months (full 3-month payment required)</th>
<th>1 Month</th>
<th>5+ Visits Pass</th>
<th>Single Visit (pay-as-you go)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (18+ yrs)</td>
<td>$37.00/month</td>
<td>$50.00/month</td>
<td>$54.00</td>
<td>$9.00/visit</td>
<td>$10.00</td>
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<tr>
<td></td>
<td>$444.00/year</td>
<td>$150.00/3 months</td>
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<td></td>
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<tr>
<td>Youth (10-17 yrs)*</td>
<td>$29.60/month</td>
<td>$40.00/month</td>
<td>$43.20</td>
<td>$7.20/visit</td>
<td>$8.00</td>
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<tr>
<td></td>
<td>$355.20/year</td>
<td>$120.00/3 months</td>
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<tr>
<td>Student (with ID)*</td>
<td>$29.60/month</td>
<td>$40.00/month</td>
<td>$43.20</td>
<td>$7.20/visit</td>
<td>$8.00</td>
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<tr>
<td></td>
<td>$355.20/year</td>
<td>$120.00/3 months</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Person with Disability*</td>
<td>$29.60/month</td>
<td>$40.00/month</td>
<td>$43.20</td>
<td>$7.20/visit</td>
<td>$8.00</td>
</tr>
<tr>
<td></td>
<td>$355.20/year</td>
<td>$120.00/3 months</td>
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<tr>
<td>Older Adult (65+ yrs)*</td>
<td>$29.60/month</td>
<td>$40.00/month</td>
<td>$43.20</td>
<td>$7.20/visit</td>
<td>$8.00</td>
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<tr>
<td></td>
<td>$355.20/year</td>
<td>$120.00/3 months</td>
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</tr>
</tbody>
</table>

*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.

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, including Cycle and Boxing classes.
- 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.

The City of Mississauga embraces inclusivity and ensures all Fitness programs are available for all ages and abilities. Support can be utilized as needed to promote a successful recreation experience! Please direct questions to inclusion.recreation@mississauga.ca; 905-615-3200 ext. 8260.

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

NOTE: Customer Service desk closes ½ hour before posted closing time

Personal Training
60-min session

<table>
<thead>
<tr>
<th>1-3 sessions</th>
<th>Private</th>
<th>Semi-private (2 people)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$51.50/session</td>
<td>$35.00/session pp</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>4+ sessions</th>
<th>Private</th>
<th>Semi-private (2 people)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$41.20/session</td>
<td>$28.00/session pp</td>
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Squash Lessons
40-min session

<table>
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<tr>
<th>1-3 sessions</th>
<th>Private</th>
<th>Semi-private (2 people)</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>$42.00/session</td>
<td>$30.00/session pp</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>4+ sessions</th>
<th>Private</th>
<th>Semi-private (2 people)</th>
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<tbody>
<tr>
<td></td>
<td>$36.00/session</td>
<td>$24.00/session pp</td>
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</table>

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.

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.
**SOUTH COMMON COMMUNITY CENTRE** - Therapeutic Schedule (classes, programs & pool)
*(updated Jan. 10, 2018)*

**Effective:** Winter 2018

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Therapeutic Body Movement H2O</td>
<td>Yoga Therapeutic</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>9:30 am (starts Jan. 10)</td>
<td>9:30 am LAND (Arbour)</td>
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</tr>
<tr>
<td>Chair-ercise</td>
<td>10:30 am LAND (Meeting)</td>
<td>Yoga Therapeutic</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lane &amp; Fun Swim &amp; 11:35-1:25 pm</td>
<td>Lane &amp; Fun Swim &amp; 11:35-1:25 pm</td>
<td>Lane &amp; Fun Swim &amp; 11:35-1:25 pm</td>
<td>Lane &amp; Fun Swim &amp; 11:35-1:25 pm</td>
<td>Lane &amp; Fun Swim &amp; 11:35-1:25 pm</td>
<td>Adult Leisure Swim &amp; 12:35-1:25 pm</td>
<td>Adult Leisure Swim &amp; 12:35-1:25 pm</td>
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<tr>
<td>Lane Swim &amp; 6:05-6:55 pm</td>
<td>Lane Swim &amp; 6:05-6:55 pm</td>
<td>Lane Swim &amp; 8:35-9:30 pm</td>
<td>Lane Swim &amp; 8:35-9:30 pm</td>
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</tbody>
</table>

**THERAPEUTIC CLASS DESCRIPTIONS**

**LAND CLASSES:**
- **CHAIR-ERCISE** - Assisted exercises focusing on upper body, core and legs and flexibility training.
- **THERAPEUTIC BODY MOVEMENT** - Learn proper body alignment to exercise easily and safely. All levels of fitness welcome.
- **YOGA THERAPEUTIC** - Blends gentle seated/standing yoga postures with breath work and meditation.

**WATER CLASSES:**
- **NOTE** - SouthCommon does not have a warm water tank. All classes take place in the main pool.
- **ADULT LEISURE SWIM** - A time to exercise, socialize or relax; Open to 16 years of age and older.
- **LANE SWIM** - At least one lane open for continuous lap swimming. Must be able to swim 25 metres and be comfortable in deep water.
- **LANE & FUN SWIM** - Swim with at least one lane open for lap swimming. All ages welcome.
- **THERAPEUTIC BODY MOVEMENT H2O** - This class is ideal for people with mild to moderate osteoarthritis, ankylosing spondylitis, fibromyalgia, Parkinson’s and other chronic conditions. Clients with mild hip, knee, shoulder and back pain can also benefit from this class.

- Your Therapeutic membership includes the walking track, weight room plus additional family fun and lane swims. Please check pool and weight room schedule for additional times.

- Classes are 60 min in length unless otherwise noted. Class times include any set-up and take down.

- Please check online at activemississauga.ca under “Details” for program exception dates.

- Wrist band policy is in effect.

- Class schedule, formats and instructors are subject to change.
## Therapeutic Membership Rates

activenmississauga.ca

**A Therapeutic Membership includes:**

- Access to all 12 City of Mississauga Fitness Centre. Therapeutic programs and amenities vary by location.
- Cardio & Weight Room Equipment
- **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.
- **Walking Tracks** - located at Carmen Corbasson and Meadowvale Community Centres.
- **Therapeutic Classes** – both land and water based classes. Programs vary by location.
- **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 therapeutic pool times, public swims, lane swims, hot tubs, saunas.

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### City of Mississauga Therapeutic Rates

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<table>
<thead>
<tr>
<th>Service</th>
<th>12 Months (Best Buy)</th>
<th>3 Months (full 3-month payment required)</th>
<th>1 Month</th>
<th>5+ Visits Pass</th>
<th>Single Visit (pay-as-you-go)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TP Time</strong></td>
<td>$42.00/month</td>
<td>$54.00/month</td>
<td>$61.00</td>
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<tr>
<td><strong>Land Classes</strong></td>
<td>$162.00/3 months</td>
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<tr>
<td><strong>Water Classes</strong></td>
<td>$9.00/visit</td>
<td>$10.00/visit</td>
<td></td>
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<tr>
<td><strong>TP Time</strong></td>
<td>$43.20/month</td>
<td>$129.60/3 months</td>
<td>$48.80</td>
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<tr>
<td><strong>Land Classes</strong></td>
<td>$28.00/visit</td>
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<tr>
<td><strong>Water Classes</strong></td>
<td>$7.20/visit</td>
<td>$8.00/visit</td>
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<tr>
<td><strong>Adult (18+ yrs)</strong></td>
<td>$40.00/month</td>
<td>$54.00/month</td>
<td>$61.00</td>
<td></td>
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<tr>
<td>**Youth (10-17 yrs)*</td>
<td>$40.30/month (20% off adult price)</td>
<td>$129.60/3 months</td>
<td>$48.80</td>
<td></td>
</tr>
<tr>
<td>**Student (with ID)*</td>
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<tr>
<td>*<em>Person with Disability</em></td>
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<tr>
<td>**Older Adult (65+ yrs)*</td>
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</table>

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Family and corporate discounts also available.

### Personal Training

60-min session

<table>
<thead>
<tr>
<th>LAND:</th>
<th>1-3 sessions</th>
<th>4 + sessions</th>
<th>AQUATIC:</th>
<th>1-4 sessions</th>
<th>5 + sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Private</strong></td>
<td>$51.50/session</td>
<td>$41.20/session</td>
<td><strong>Private</strong></td>
<td>$54.00/session</td>
<td>$45.00/session</td>
</tr>
<tr>
<td><strong>Semi-private (2 people)</strong></td>
<td>$35.00/session pp</td>
<td>$28.00/session pp</td>
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**Aquatic Personal Training is also available in 30 and 45 minute sessions. Semi-private available upon request. Please ask an Aquatic Team member for more details.**