

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)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Gold® 9:00 am (Arbour) <i>Wendy H</i>	Yoga 8:45 am (Arbour) <i>Elizabeth</i>	Zumba® 9:00 am (Tempo) <i>Karina</i>		Zumba® 9:05 am (Tempo) <i>Lei</i>	Hi/Low and Tone 8:45 am <i>Beata/Bruce</i>	Total Body Toning 8:45 am <i>Lori/Cathy</i>
TBT/Step 9:05 am <i>Cathy</i>	20/20/20 9:05 am <i>Arleigh</i>	Total Body W/O 9:05 am <i>Bruce</i>	Total Body Toning 9:05 am <i>Lei</i>	Step 9:05 am <i>Joyce</i>		
Hi/Lo and Tone 10:10 am <i>Wendy</i>	Total Body Toning 10:10 am <i>Kamla</i>	Low Impact Interval 10:10 am <i>Bruce</i>	20/20/20 10:10 am <i>Cathy</i>	Total Body Toning 10:10 am <i>Lei</i>	Yogalates 10:00 am <i>Beeta</i>	Zumba® 10:00 am <i>Gabi</i>
Mobility & Stability 10:15 am (Youth) <i>Cathy</i>		Low Impact Gentle 10:10 am (Arbour) <i>Lei</i>		Low Impact Gentle 11:10 am <i>Karmela/Carolyn</i>		Stretch Class 11:00 am <i>Beeta</i>
Mind, Body Core 11:15 am (Arbour) <i>Lorrie</i>		Mind, Body Core 11:15 am (Arbour) <i>Rose</i>	Low Impact Interval 11:10 am <i>Lei</i>	Mind, Body Core 11:15 am (Arbour) <i>Laura</i>	Low and Tone 11:15 am <i>Karmela/Carolyn</i>	
Total Body Toning 12:15 pm <i>Carolyn</i>		Total Body Toning 12:15 pm <i>Carolyn</i>		Total Body Toning 12:15 pm <i>Carolyn</i>	Total Body Toning 12:15 pm <i>Karina</i>	
					<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 <i>Beata</i>	Hi/Lo and Tone 5:20 pm <i>Beata</i>	Pilates 5:20 pm <i>Martin</i>	Total Body Toning 5:30 pm <i>Carolyn</i>	Zumba® 5:30 pm <i>Gabi</i>		
Zumba® 6:30 pm <i>Victoria</i>	Zumba® 6:15 pm <i>Nelly</i>	Total Body Toning 6:15 pm <i>Taru/Jamie</i>	Zumba® 6:30 pm <i>Nelly</i>			
	Total Body Toning 7:15 pm <i>Miriam/Cathy Mac.</i>	Boot Camp 7:15 pm <i>Nelly</i>	Step and Tone 7:30 pm <i>Lori</i>			
Step and Tone 7:30 pm <i>Lori</i>	Yoga 7:30 pm (Gladys) <i>Joanne</i>		Yoga 7:30 pm (Arbour) <i>Lorrie</i>			
	Kickbox Cardio 8:15 pm <i>Nelly</i>	Zumba® 8:15 pm <i>Nelly</i>	Insanity® 8:30pm <i>Nelly</i>			

FITNESS CLASS DESCRIPTIONS

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

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.

KICKBOX CARDIO: A great 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.

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.

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.

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

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.

YOGALATES: Using 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 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

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

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.

City of Mississauga Fitness Rates (Prices are subject to applicable taxes. A \$10 non-resident fee applies outside Mississauga)

	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.

Personal Training 60-min session	Private	Semi-private (2 people)	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	\$51.50/session	\$35.00/session pp	
4 + sessions	\$41.20/ 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.
1-3 sessions	\$42.00/session	\$30.00/session pp	
4 + sessions	\$36.00/ session	\$24.00/session pp	

SOUTH COMMON COMMUNITY CENTRE – Therapeutic Schedule (classes, programs & pool)
 (905) 615-4770 activemississauga.ca
 Effective: Winter 2018

(updated Jan. 10, 2018)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		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.				
		Therapeutic Body Movement H2O 9:30 am (starts Jan. 10)		Yoga Therapeutic 9:30 am LAND (Arbour)		
	Chair-ercise 10:30 am LAND (Meeting)					
Lane & Fun Swim 11:35-1:25 pm	Lane & Fun Swim 11:35-1:25 pm	Lane & Fun Swim 11:35-1:25 pm	Lane & Fun Swim 11:35-1:25 pm	Lane & Fun Swim 11:35-1:25 pm	Adult Leisure Swim 12:35-1:25 pm	Adult Leisure Swim 12:35-1:25 pm
					<p>LAND – denotes land therapeutic programs. All others are water.</p> <p>Classes are 60 min in length unless otherwise noted. Class times include any set-up and take down.</p> <p>Please check online at activemississauga.ca under “Details” for program exception dates.</p> <p>Therapeutic Class Access. Participation is on a first come, first served basis. Participants can check in at the Front Desk 65 minutes prior to class start time (individual check in only). Class capacity varies based on the format. Wrist band policy is in effect.</p> <p>Class schedule, formats and instructors are subject to change.</p>	
		Therapeutic Body Movement 1:15 pm LAND (Studio)				
Lane Swim 6:05-6:55 pm		Lane Swim 6:05-6:55 pm				
			Lane Swim 8:35-9:30 pm	Lane Swim 8:35-9:30 pm		

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.

South Common Community Centre

THERAPEUTIC PROGRAM INFORMATION

2233 South Millway
Mississauga, ON L5L 3H7

Phone: 905-615-4770

mississauga.ca/therapeutic

Hours of Operation

Monday - Thursday	6:00 am - 10:00 pm
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Therapeutic Membership Rates

activemississauga.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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	12 Months <i>(Best Buy)</i>	3 Months <i>(full 3-month payment required)</i>	1 Month	Service TP-therautic	5+ Visits Pass	Single Visit <i>(pay-as-you go)</i>
• Adult (18+ yrs)	\$42.00/month \$504.00/year	\$54.00/month \$162.00/3 months	\$61.00	TP Time	\$9.00/visit	\$10.00/visit
				Land Classes	\$10.80/visit	\$12.00/visit
				Water Classes	\$13.50/visit	\$15.00/visit
• Youth (10-17 yrs)*	\$33.60/month \$403.20/year	\$43.20/month \$129.60/3 months	\$48.80	TP Time	\$7.20/visit	\$8.00/visit
• Student (with ID)*				Land Classes	\$8.70/visit	\$9.60/visit
• Person with Disability*				Water Classes	\$10.50/visit	\$12.00/visit
• Older Adult (65+ yrs)*	<i>(20% off adult price)</i>					

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LAND: 1-3 sessions	\$51.50/session	\$35.00/session pp	
4 + sessions	\$41.20/session	\$28.00/session pp	
AQUATIC: 1-4 sessions	\$54.00/session	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.	
5 + sessions	\$45.00/session		