

# CARMEN CORBASSON - Fitness Class Schedule

(905) 615-4800   activemississauga.ca

Effective: Spring 2017 (Saturday, March 25 – Friday, June 23)



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)	Yoga 60 min 9:30am (R/DI)	
	Parent & Baby Fitness 10:40am (R/DI)				Total Body Workout 9:35am (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)			
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® <i>Advanced</i> 7:05 pm (R/DI)	Buttocks, Legs & Core 7:05pm (R/DI)	Dance Fit 7:05 pm (R/DI)		<i>Classes are 60 min in length unless otherwise noted.</i>  (R) – registration ONLY classes (DI) – drop in ONLY classes (R/DI) – registration and drop-in spaces available  Please check online at <a href="http://activemississauga.ca">activemississauga.ca</a> in “details” for program exception dates.	
High Intensity Interval Training 7:40 pm (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)	Cardio Pump 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.

**HIGH INTENSITY INTERVAL TRAINING (HIIT):** High-intensity interval training (HIIT) is a form of interval training with an exercise strategy alternating short periods of intense anaerobic exercise with less-intense recovery periods.

**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.

**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](https://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](https://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. 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>
• <b>Adult</b> (18+ yrs)	<b>\$37.00/month</b> \$444.00/year	<b>\$50.00/month</b> \$150.00/3 months	\$54.00	\$9.00/visit	\$10.00
• <b>Youth</b> (10-17 yrs)* • <b>Student</b> (with ID)* • <b>Person with Disability</b> * • <b>Older Adult</b> (65+ yrs)*	<b>\$29.60/month</b> \$355.20/year <i>(20% off adult price)</i>	<b>\$40.00/month</b> \$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.

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>
<b>Adult</b>	\$100.00	\$50.00	\$25.00	\$2.48/visit	\$2.75
<b>Older Adult/Youth/Persons with Disability</b> <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 Fri – 10:00 – 11:00 am

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