

CLARKSON COMMUNITY CENTRE - Fitness Class Schedule

(905) 615-4840 activemississauga.ca

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Yoga for Older Adults 9:20am (R/DI)		Zumba® Gold 9:15am (R/DI)		Total Body Workout 9:05am (R/DI)	Zumba® Toning 9:30am (R/DI)
	Zumba 9:30am (R/DI)		Yoga 90 Minutes 10:30am (R)		Cardio Pump 10:10am (R/DI)	
	Yoga for Older Adults 10:25am (R/DI)					
Zumba® 5:55pm (R/DI)	Total Body Toning 5:55pm (R/DI)	Zumba® 6:00pm (R/DI)	Tabata 6:10pm (R/DI) <i>*45min class*</i>	Zumba® 6:30pm (R/DI)	<i>Classes are 60 min in length unless otherwise noted. All program times include set up and take down.</i>	
	Yoga 6:30pm (R/DI)	Yoga Abs 7:00pm (R/DI)				
Tabata 7:10pm (R/DI) <i>*45min class*</i>	Pilates with Small Equipment (R)	Piloxing® 7:05pm (R/DI)	Bar Body Workout 7:00pm (R/DI)		(R) – registration ONLY classes (R/DI) – registration and drop-in spaces available Please check online at activemississauga.ca in “details” for program exception dates.	
	Yoga 75 Minutes 7:35pm (R/DI)	Yoga 8:05pm (R/DI)	Yoga Kundalini 7:00pm <i>*90min Class*</i>			

FITNESS CLASS DESCRIPTIONS

BAR BODY WORKOUT: Combines cardio and muscle conditioning intervals using the Lebert Equalizers and Body bars to improve strength, endurance, balance and flexibility.

PILATES WITH SMALL EQUIPMENT: Strength training that focuses on attaining core stability while providing a full body workout! This class incorporates the use of small portable equipment.

PILOXING®: Blends the power, speed, and agility of boxing, with exhilarating dance moves and targeted sculpting and flexibility of pilates.

TABATA: Interval workout consists of performing an exercise at high intensity for 20 seconds, followed by 10 seconds of rest. This total body workout is fun and suitable for all levels of fitness.

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

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

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

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

YOGA ABS: Emphasis is on developing strength of the abdominals and lower back. Mat work only; no standing postures.

YOGA KUNDALINI: This basic form of yoga is effective for personal development. Classes will include classic postures, breath work, mantas, guided meditation and relaxation techniques.

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

ZUMBA GOLD®: Modifies the moves and pace of the original Zumba to suit the needs of the active older adult and those new to Zumba®. It's easy to do, effective and most of all, fun.

ZUMBA TONING®: Enjoy this high energy, calorie burning class that combines dance moves followed by body-sculpting techniques to build strength and tone all your target zones.

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.**

Clarkson Community Centre

2475 Truscott Drive
Mississauga, ON L5J 2B3

Phone: 905-615-4840

mississauga.ca/fitness

Hours of Operation

Monday & Wednesday	8:15 am – 9:45 pm
Tuesday	7:15 am – 10:00 pm
Thursday	7:15 am – 9:15 pm
Friday	8:15 am – 9:30 pm
Saturday	8:30 am – 8:15 pm
Sunday	8:15 am – 8:30 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. 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.

Programs close by Clarkson Community Centre

You have access to all 13 of our fitness facilities and programs. If you have a membership, that gives you access to over 350 classes each week and 8 weight room facilities. **Did you know how close you could be?**
(Approximate distances)

South Common Community Centre	6 km	Huron Park Recreation Centre	9.3 km
Erin Meadows Community Centre	8.9 km	Carmen Corbasson Community Centre	11.1 km
Port Credit Arena	9 km	Civic Centre	11.8 km