

# ERIN MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca  
Effective: **SPRING 2018** March 17<sup>th</sup> until June 22<sup>nd</sup>



## CHURCHILL MEADOWS Fitness Schedule

Registration *ONLY*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<del>Cycle 60 min</del> 8:25 am - Cancelled	Cycle & Lift 8:00 am DOUG
Zumba® 9:15 am NELLY	Zumba Gold® 9:30 am LINA	Zumba® 9:15 am NELLY		Low Impact with Yoga 9:10 am LIZA		Cycle for Beginners 9:05 am TAMMY
	Low Impact with Yoga 10:45 am - LIZA	Parent & Baby Stroller Fitness 10:20 am - KARINA	Yoga 60 min 10:00 am ZANETA	Yoga Older Adults 10:15 am HEATHER	<del>Body Flex</del> 10:00 am Cancelled	Total Body Toning 10:30am MONIKA
Zumba Gold® 11:40 am VIVIANE			Zumba Gold® 11:30 am LINA		Butt, Legs & Core 11:05 am MONIKA	<del>Yoga Abs</del> 11:35 am Cancelled
Yoga Older Adults 1:30 pm HEATHER		<del>Yoga Gentle</del> 1:30 pm - HEATHER Cancelled	Yoga for Women 12:35 pm ZANETA			Yoga for Parent & Youth 1:15 pm SYLVIA
			Parent & Baby Yoga 1:45 pm ZANETA	<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>  <i>Memberships and drop-in spaces for classes varies based on the format and capacity with registration.</i>		Zumba Kids® 2:30 pm EVA/IRENE (reg only)
		Cycle for Beginners 5:30 pm DOUG	Zumba® 5:00 pm NELLY			Zumba® 4:00 pm NELLY
	<del>Yoga for Women</del> 5:00 pm CANCELLED	Yoga Sampler 6:00 pm ZANETA				
Zumba® 6:00 pm NELLY	Total Body Toning 45min 6:15 pm - SHERRY	Cycle workout 6:20 pm MICHELLE	Boot Camp 6:05 pm STEPHANIE			
Yoga for Parent & Youth 6:30 pm ZANETA	<del>Low Impact with Pilates</del> 7:15 pm CANCELLED	Zumba® 7:30 pm KARINA	Yoga Power 7:10 pm ZANETA	Yoga for Women 5:30 pm MIRIUM		
BLC 7:05 pm SUSAN		Cycle & Lift 8:35 pm TAMMY	Yoga 90 minutes 8:15 pm (registration) HEATHER	Zumba® 6:45 pm KARINA		
Total Body Workout 8:10 pm KRISTIE		Kickbox Cardio 7:30 pm STEPHANIE				

Day	Time	Class	Barcode
Mon	6:15 pm	Yoga Women SYLVIA	741245
	7:15 pm	Yoga 90 min HEATHER	741218
	7:30 pm	Zumba® NELLY	741272
	7:15 pm	Butt, Legs, Core SUSAN	740694
Thurs			
Sat	9:00 am	Zumba® for Women NELLY	763537
	10:00am	Basic Fitness Sampler for Women - NELLY	740663
Sun	10:00am	Yoga 90 min ZANETA	741219
	11:45 am	Yoga Prenatal ZANETA	741258

**YOGA FOR PARENT AND YOUTH:** Regular practice of yoga can improve your muscle tone and increase flexibility. Each yoga class uses a variety of muscle stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

**ZUMBA:** Zumba® combines high energy and motivating music with unique moves and combinations. Dance away your worries and get fit in this dance-sculpting combo class that is easy and fun to do!

**YOGA FOR WOMEN:** Regular practice of yoga can improve your muscle tone and increase flexibility. Each yoga class uses a variety of muscle stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

**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.

Class formats and instructors are subject to change. Please check online at [activemississauga.ca](http://activemississauga.ca) in “details” for program exception dates.  
Wrist band policy is in effect.



# Erin Meadows Community Centre

2800 Erin Centre Blvd  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

[mississauga.ca/fitness](https://mississauga.ca/fitness)

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 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 Classes** – over **350 classes** offered across the City weekly, including **Cycle** and Boxing **classes**
- **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.
- **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

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

## City of Mississauga Fitness Rates (prices are subject to applicable taxes) AS OF APRIL 1<sup>st</sup> 2018

	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>\$37.38/month</b> \$448.50/year	<b>\$50.67/month</b> \$152.00/3 months	\$54.80	\$9.45/visit	\$10.50
• <b>Youth</b> (10-17 yrs)* • <b>Student</b> (with ID)* • <b>Person with Disability*</b> • <b>Older Adult</b> (65+ yrs)*	<b>\$29.90/month</b> \$358.80/year <i>(20% off adult price)</i>	<b>\$40.53/month</b> \$121.60/3 months	\$43.85	\$7.56/visit	\$8.40

*\*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.

<b>Personal Training</b> 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.
	1-4 sessions	\$53.10/session	
	5-9 sessions	\$47.80/ session	
	10+ sessions	\$42.50/ session	To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.
<b>Squash Lessons</b> 40-min session	Private	Semi-private (2 people)	<b>Squash lessons and league</b>  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 lessons	\$45.75/lesson	
	4 + lessons	\$36.50/lesson	