

Frank McKechnie Community Centre

(905) 615-4660

Hours of Operation: Mon/Wed/Thurs/Fri 6:15am to 9:45pm Tues: 8:30am-9:45am Sat 6:15am to 4:30pm Sun 8:15am to 4pm

Effective: Fall 2019 (Saturday, September 21 – Monday, December 30)



Recreational Swim and Skate – *included with all of the memberships; check individual facility/rink schedules*

Fitness class schedule - *classes for Fit, Fit+ or All-in memberships*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Toning 5:15pm Denise	Yoga Gentle 9:30 am Ankur	Cardio and Resistance NEW 9:00am Lou	ABS 6:20pm Denise		Fitness Circuit 9:00am Denise	Zumba Toning 9:00am Denise
Yoga Prenatal 6:15pm Ankur	Zumba for Women 1:00 pm Fernanada	Yoga Tone 6:00 pm Ankur	Yoga for Women 6:30pm Ankur		Yoga Gentle 9:20am Anne Marie	Zumba 10:05am Marsha
BLC 6:20pm Denise	Zumba 6:20pm Denise	Total Body Toning 6:15pm Lisa	Zumba Toning 7:25pm Denise		Zumba Step 10:15am Fernanda	Yoga 60 min 11:10am Ankur
Ginga™Fitness 7:25pm Myneesha	Yoga Mixed 6:30pm Ankur	Yoga Flow 7:10pm Anne Marie			Yoga 60 min 10:30am Anne Marie	
Yoga 60 min 7:30pm Anne Marie	Zumba Toning 7:25pm Denise	Zumba 7:25pm Antoinette			Zumba 11:20am Happy	
Zumba 8:30pm Antoinette		BLC 8:30pm Denise				

For all group exercise classes:

- Check online at activemississauga.ca in “details” for program exception dates
- Participants can check in at the front desk **30 minutes for fitness classes** and **65 mins for therapeutic classes** prior to class start time (individual check in only); participation is on a first come, first served basis
- Wrist band policy is in effect

FITNESS CLASS DESCRIPTIONS

ABS: Abdominals, back and stretching: Using a variety of equipment, this class will focus on strengthening and toning your core.

BLC: Muscle conditioning – buttocks, legs and core.

Cardio and Resistance: Low impact cardio moves, a toning segment with resistance equipment ending with a stretch and relaxation component.

Fitness Circuit: a complete workout with various forms of exercises and equipment in a circuit format. Improve your cardio and muscular strength.

Ginga™: This cardio and conditioning class blends a variety of dance styles including hip hop, Latin, house, Salsa and Soca with Brazilian martial arts moves for a unique exercise experience that will invigorate and inspire!

TOTAL BODY TONING: will increase muscle strength and endurance using a variety of resistance equipment.

YOGA: Basic yoga moves utilizing a variety of stretching techniques.

YOGA FLOW: Vinyasa Yoga is a sequence of postures that flow and balance the bodies energies and blood circulation. The mind focuses on breath and the body will focus on the use of bandhas (locks) to strengthen the benefit of yoga.

YOGA MIXED: Hatha Yoga to develop balance and strength, Power Yoga for energizing the body, and meditation to help develop a balanced mind.

YOGA TONE: Combine the benefits of yoga and muscle conditioning to strengthen and tone, promote bone health, and increase flexibility. Light hand weights are added as options to yoga-inspired postures and movements in class.

ZUMBA®: Combine high energy & motivating music with unique moves and combinations. Z

ZUMBA TONING®: includes body-sculpting techniques to build strength and tone all your target zones.

ZUMBA STEP®: incorporates traditional step basics into routines and fuses them to Latin dance rhythms. Dance behind the step, around the step and over the step.

ADDITIONAL CITY CYCLE CLASSES

Effective: FALL 2019 (Saturday, September 21 – Monday, December 30)

Day	Mississauga Valley CC	Burnhamthorpe CC	Port Credit Arena	Erin Meadows
Monday	Cycle - 9:30 am		Cycle - 9:30 am	
	Cycle - 6:15 pm			
Tuesday	Cycle - 6:15 pm	Cycle - 10:20 am		
Wednesday	Cycle - 9:30 am		Cycle - 9:30 am	Cycle Beginner- 5:30 pm
	Cycle & Lift - 6:15 pm			Cycle & Pilates- 6:20 pm
				Cycle & Lift - 8:35 pm
Thursday		Cycle - 10:20 am		
	Cycle - 6:15 pm	Cycle - 7:00 pm		
Friday			Cycle - 9:30 am	
Saturday	Cycle - 9:00 am		Cycle - 7:30 am	Cycle- 8:30 am
			Cycle - 8:45 am	
Sunday	Cycle - 8:45 am	Cycle & Lift - 12:30 pm		Cycle & Lift - 8:00 am
				Cycle Beginner- 9:05 am

INDOOR CYCLE WORKOUT TIPS

Arrive early if you’re new to have the time and opportunity to ask the instructor about the cycle set up and adjustments for comfort and safety.

Hydrate. Bring a water bottle to hydrate throughout your ride workout.

Modify based on how you feel. Cycling is a great workout as you can adjust to your energy and experience. The amount of resistance you add will determine intensity.

Cycle safely. For safety with knees and hips, set the resistance for a smooth and controlled pedal stroke. Pedalling fast with too little resistance or slow with too much resistance adds unnecessary stress to joints.

Posture. Set handle bars high enough to keep the torso long and avoid rounding forward which adds stress to the low back. Take breaks regularly, sitting upright to “reverse posture.”

WATER EXERCISE

AQUAFITNESS: A great cardio and conditioning workout with less stress on joints. For swimmers and non-swimmers alike!

AQUACycle: An exhilarating program using underwater stationary bikes for weight loss, fitness and fun. This unique class blends cardio with leg, arm and core strengthening exercises. Aqua shoes are recommended.

Additional programming schedules – *included with Fit+ and All-in memberships*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Exercise:						
Aquacycle 8:00pm		Aquacycle 8:15pm				
Gym Court Sport:						
	Drop-in Adult Pickleball 12:30pm-2:30pm				Badminton Round Robin 8:15am-10:15am	Drop-in Adult Pickleball 8:30am-10:30am
Open Gym 1:00pm-2:30pm		Open Gym 1:00pm-2:30pm	Open Gym 1:00pm-2:30pm	Open Gym 1:00pm-2:30pm	Drop-in Pickup Basketball (10-17) 3:30pm-5:30pm	
		Adult Basketball 9:15pm-11:15pm	Badminton Round Robin 8:45pm-10:45pm			

GYM COURT SPORTS

Adult Basketball: unstructured yet supervised pay-as-you-go game of pick-up Basketball

Older Adult Pickleball: A racquet sport that combines elements of badminton, tennis and table tennis. net is similar to a tennis net but is mounted lower. This game is played with a hard paddle and a whiffle ball.

Badminton Round Robin: Come alone or bring friends, doubles round robin is the name of the game. Program staff will assist with organizing matches

Open Gym: This is an unstructured, supervised pay - as - you- go option that allows you to choose the activity. Children under the age of 10 must be accompanied by an adult.