

FRANK MCKECHNIE COMMUNITY CENTRE - Fitness Class Drop- In Schedule

(905) 615-4660 activemississauga.ca

Effective: Summer 2018 (Sunday, July 1st – Sunday, September 16th)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Toning 5:15pm Denise		Yoga Tone 6:00 pm Ankur	ABS 6:20pm Denise		Fitness Circuit 9:00am Denise	Zumba Toning 9:00am Denise
Yoga Prenatal 6:15pm Ankur	Zumba 6:20pm Denise	Total Body Toning 6:15pm Lisa				Zumba 10:05am Marsha
BLC 6:20pm Denise	Yoga Mixed 6:30pm Ankur	Yoga Flow 7:10pm Anne Marie	Yoga for Women 6:30pm Ankur	Schedule is subject To change without notice.	Zumba Step 10:15am Fernanda	Yoga 60 min 11:10am Ankur
Ginga™ Fitness 7:25pm Myneesha	Zumba Toning 7:25pm Denise	Zumba 7:25pm Antoinette	Zumba Toning 7:25pm Denise		Yoga 60 min 10:30am Anne Marie	
Yoga 60 min 7:30pm Anne Marie		BLC 8:30pm Denise			Zumba 11:20am Happy	
Zumba 8:30pm Antoinette	<i>Classes are 60 min in length unless otherwise noted.</i>					
	<i>We encourage you to try out a variety of class types and instructors. Please check online at activemississauga.ca in "details" for program exception dates.</i>					

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.

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. Choreography is kept uncomplicated so anyone can follow.

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.**

Frank McKechnie Community Centre

FITNESS PROGRAM INFORMATION

310 Bristol Rd E, Mississauga, ON
L4Z 3V5

Phone: 905-615-4660

mississauga.ca/fitness

Hours of Customer Service

Mon, Wed, Thurs, Fri	6:30 am - 9:45 pm
Tuesday	8:30 am - 9:45 pm
Saturday	6:30 am - 4:30 pm
Sunday	8:15 am - 3:00 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 **45-minute** 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+ years).
- **Pools:** Includes public swims, lane swims, hot tubs, saunas.

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: 905-615-3200 ext. 8260.

City of Mississauga Fitness Rates *(prices are subject to applicable taxes)*

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

Programs close by Frank McKechnie 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)

Mississauga Valley	4 km	Huron Park Recreation Centre	9 km
Burnhamthorpe	7 km	Carmen Corbasson Community Centre	9 km
Mississauga Sportszone	2.5km		