

MALTON COMMUNITY CENTRE (905) 615-4640

Hours of Operation:

Mon – Thurs 6:30am to 10:30pm
 Fri 6:30am to 10pm
 Sat & Sun 8:30am to 6pm

Effective: Spring 2019 (Monday, April 1 – Sunday, June 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
Total Body Toning 9:30 am (G)	Mobility and Stability 9:30 am (G)	Low & Tone 9:30 am (G)	Low Impact Gentle 9:30 am (G)	Total Body Toning 9:30 am (G)	Hi/Low & Tone 9:15 am (G) (75 mins)	Zumba® 9:30 am (G)
Yoga 10:30 am (MP1)	Zumba® 10:30 am (G)		Stretch Class 10:30 am (G)	Yoga 10:30 am (MP2)		
BLC 6:30 pm (G)	Low & Tone 6:30 pm (FS)	Pilates 6:00 pm (MP1)	Zumba® 6:00 pm (FS)	Boot Camp 6:00 pm (FS)	Classes are 60 mins unless otherwise noted. Class location/notations: (G)- Gymnasium (FS) - Fitness Studio (MP-1) - Multi Purpose Room 1 (MP-2) - Multi Purpose Room 2	
Kickbox Cardio 7:30 pm (FS)	TRX Circuit 7:30 pm (G)	Yoga 7:00 pm (MP1)	Yoga Power 7:00 pm (MP1)			
	Zumba® 8:30 pm (G)	Boot Camp 8:00 pm (G)				

FITNESS CLASS DESCRIPTIONS

BLC: Muscle conditioning for the buttocks, legs and core.

BOOTCAMP: High energy muscular endurance intervals, cardio and core work.

LOW IMPACT GENTLE: A longer warm-up, modified cardio, controlled toning and an extended cool down. Appropriate for those recovering from a heart condition.

HI/LOW & TONE: High and low impact cardio moves, followed by a toning segment with resistance equipment.

KICKBOX CARDIO: A total body and core workout with practical punches, kicks and block techniques.

LOW & TONE: Low impact cardio moves, followed by a toning segment with resistance equipment.

MOBILITY AND STABILITY: Gentle cardio and resistance routines with an emphasis on full body mobility and core muscle stability that will help improve posture, gait, and balance.

PILATES: Strength training that focuses on attaining core stability while providing a full body workout!

STRETCH CLASS: A class focused on stretching the entire body to improve flexibility.

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

TRX CIRCUIT CLASS: This class consists of cardio work with intervals using the TRX suspension system for an overall workout and core strengthening.

YOGA: A variety of postures and stretches combined with breathing and relaxation techniques.

POWER YOGA: For those familiar with basic yoga movements but looking for something a little more challenging.

ZUMBA®: This class combines high energy and motivating music with dance based moves.

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**

Therapeutic schedule – included with *Wellness* and *All-in* memberships

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shoulder, Posture, Core 8:30-9:15 am	Hip & Knee 9:15-10:00 am	Ai Chi 9:00-9:45 am	Oh My Aching Body 10:00 am	Aqua Cardio Swim 6:35 am	Ai Chi 8:40-9:25 am	
Chair Exercise- LAND 9:30 am	Better Backs H2O 10:00 am	Deep Water Hip & Knee 10:30 am	Better Backs H2O 11:00 am	Hip & Knee 9:00 am	Therapeutic Body Movement – LAND 9:30 am – (MP 1)	Aqua Cardio Swim 12:35 pm
	Aqua Cardio Swim 11:05 am		Aqua Cardio Swim 11:05 am	Oh My Aching Body 10:00 am	<i>Classes are 60 mins unless otherwise note</i> Class location/notations: (MP-1) - Multi-Purpose 1 LAND - <i>denotes land programs</i>	
Yoga Therapeutic- LAND 6:30 pm (MP 1)	Oh My Aching Body 6:45 pm			Stronger & Steady Level 1 – LAND 10:15 am		
Aqua Cardio Swim 8:35 pm	Ai Chi 7:45 pm		Instructed Therapeutic Time 7:00 pm			
Therapeutic Pool Time: non-instructed exercise in the therapeutic pool; speciality equipment available.						
10:00-11:00am	11:00am- 12:30pm	9:45 – 11:00am	12:00-1:00pm			
Snoezelen Pool Program: This swim aims to create a multisensory experience that is participant lead in the therapeutic pool.						
	12:30 -1:30 pm				4:30-5:30 pm	

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Exercise:						
Warm Water Strength 9:15-10:00 am			Warm Water Gentle Aquafit 6:00-6:45 pm			
		Aquafitness 2:00-2:45 pm	Yoga Tai Lates 8:00-8:45 pm			
Gym Court Sports:						
Adult Badminton 7:00-9:00 pm				Adult Volleyball 6:30-8:30 pm		Adult Soccer 2:30-4:30 pm

THERAPUETIC CLASS DESCRIPTIONS

WATER CLASSES

AI CHI: Gentle exercises similar to Tai Chi. Focuses on muscle tone, range of motion and promoting relaxation.
BETTER BACKS H2O: Features exercise progressions for chronic back pain and orthopaedic conditions.
DEEP WATER HIP & KNEE: For those with hip or knee joint injuries or instability. Class held in the main pool deep water.
HIP & KNEE: For those with hip and/or knee degeneration/injuries or preparing/recovering from hip or knee surgery.
INSTRUCTED THERAPEUTIC TIME: Participants will be given personalized exercise based on needs. Guidance provided for exercise and execution.
OH MY ACHING BODY: Safe and educational exercise. Suitable for those with Parkinson’s, arthritis, fibromyalgia and osteoporosis.
SHOULDER, POSTURE & CORE: Focused on postural alignment and core while working on shoulder stabilization.

LAND CLASSES

CHAIR-ERCISE: Assisted exercises focusing on upper body, core and legs and flexibility training.
STRONG & STEADY 1: Focused on improving strength, flexibility and confidence to support fall prevention.
YOGA THERAPEUTIC: Blends gentle seated/standing yoga postures with breath work and meditation.
THERAPEUTIC BODY MOVEMENT: Gentle exercises to help relieve tension and improve muscle strength. strength, flexibility and balance. Toning exercises followed by stretching. Class can be done seated or standing.

WATER EXERCISE

AQUAFITNESS: A great complete workout with reduced amount of stress placed on your joints.
WARM WATER GENTLE AQUAFIT: A gentle approach to exercise in warm water with less stress on the joints.
WARM WATER STRENGTH TRAINING: Muscle strengthening, conditioning and flexibility in warm water
YOGA TAI LATES: Combining moves from tai chi, yoga and Pilates in the water makes this warm water workout.