

MALTON COMMUNITY CENTRE - Fitness Class Schedule
(905) 615-4640 activemississauga.ca



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Toning 9:30 am	Zumba® 8:30 am	Low and Tone 9:30 am	Low Impact Gentle 9:30 am	Total Body Toning 9:30 am	Hi Low & Tone 9:15 am (75 mins)	Zumba® 9:30 am
Yoga 10:30 am	Mobility & Stability 9:30 am		Stretch Class 10:30 am	Yoga 10:30 am		
					<i>Classes are 60 min in length unless otherwise noted. Class times include setup and takedown.</i>	
BLC 6:30 pm	Low and Tone 6:30 pm	Pilates 6:00 pm	Zumba® 6:00 pm	Boot Camp 6:00 pm	<i>We encourage you to try out a variety of class types and instructors.</i>	
Kickbox Cardio 7:30 pm	Boot Camp 7:30 pm (Gymnasium)	Yoga 7:00 pm	Total Body Toning 7:00 pm			
	Socacize® 8:30 pm	Zumba® 8:00 pm				
					Please check online at activemississauga.ca in “details” for program exception dates.	

Class formats and instructors are subject to change.

Gymnasium Drop In for Fitness Members
Fridays at 6:30pm to 8:30pm
*Gymnasium is split ½ volleyball and ½ basketball

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.**

FITNESS CLASS DESCRIPTIONS

- BLC:** Muscle conditioning for the buttocks, legs and core.
- BOOTCAMP:** Muscular endurance intervals and core work.
- LOW IMPACT GENTLE:** Emphasis placed on 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/low cardio moves, followed by a toning segment with resistance equipment.
- KICKBOX CARDIO:** A great total body and core workout with some 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!
- SOCACIZE®:** Blend of high/low impact aerobics and African and indigenous Caribbean dance movements performed to calypso, soca, reggae and more! Resistance training may also be included.
- STRETCH CLASS:** A class focused on stretching the entire body. Designed to improve and increase flexibility.
- TOTAL BODY TONING:** The focus is on muscle strength and endurance. A variety of equipment is used in this class.
- YOGA:** A variety of Yoga movements and practice combined with breathing and relaxation techniques.



Malton Community Centre

3540 Morningstar Drive
Mississauga, ON L4T 1Y2

Phone: 905-615-4640

mississauga.ca/fitness

Hours of Operation

Monday - Thursday	6:30 am – 10:30 pm
Friday	6:30 am – 10:00 pm
Saturday and Sunday	8:30 am – 6:00 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-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.

Personal Training 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. To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.
1-3 sessions	\$51.50/session	\$35.00/session pp	
4 + sessions	\$41.20/ session	\$28.00/session pp	