

HURON PARK RECREATION CENTRE - Fitness Class Schedule

(905) 615-4820 activemississauga.ca

Effective: Winter 2018 (Tuesday, January 2 – Saturday, March 10)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba 9:15 am (G) Sharon	Yoga 9:15 am (OR) Liza	Hi/Low & Ball & Step & Tone 9:15 am (G) Alternate Weeks Sheila	Total Body Toning 9:15 am (G) Liza	Step Class 9:15 am (G) Sharon	Low & Tone 9:00 am (FS) Candice / Rosalie	Hi/Low & Tone 9:30 am (FS) Sharon
Low & Tone 10:30 am (G) Sheila	Total Body Toning 10:30 am (G) Sheila	Mobility & Stability 10:30 am (G) Sheila	Yoga 10:30 am (OR) Liza	Yoga 10:30 am (OR) Liza	Total Body Workout 9:15 am (G) Jamie / Cathy	Low & Tone 10:45 am (FS) Lou / Kasia
Mind, Body, Core 11:00 am (OR) Liza					Fitness Boxing 10:00 am (FS) David / Jamie P	
					Classes are 60 min in length unless otherwise noted. All classes include set up and take-down time.	
Stretch Class 5:40 - 6:20 pm (FS) Jamie	Fitness Boxing 6:30 pm (FS) Andy	Yoga 6:00 pm (OR) Liza	Fitness Boxing 6:30 pm (FS) Andy		Please check online at activemississauga.ca in “details” for program exception dates.	
Total Body Workout 6:30 pm (G) Jamie	Boot Camp 6:30 pm (G) Nelson		Total Body Workout 6:30 pm (G) Jamie		All classes take place: Gymnasium (G) Fitness Studio (FS) Ojibway Room (OR)	
Yoga 7:00 pm (FS) Sheri	Mind, Body, Core 6:30 pm (OR) Liza	Zumba 7:15 pm (OR) Jayes	Zumba 7:30 pm (G) Antoinette			

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.**

FITNESS CLASS DESCRIPTIONS

BOOT CAMP: A military style workout with circuits of strength training and cardio.

FITNESS BOXING: Train like a boxer and gain all the training benefits. Heavy bag, target mitts, double end and speed bags are used. Ideal for those new to boxing. Gloves included.

HI/ LOW & BALL: Energetic hi/low cardio workout followed by muscle conditioning on a stability ball.

HI / LOW & TONE: Hi/ low impact cardio moves, followed by a toning segment with resistance training.

LOW & TONE: Low impact class followed by a toning segment with resistance equipment.

MIND, BODY, CORE: A blend of yoga, Pilates, and fitness conditioning.

MOBILITY & STABILITY: Gentle cardio and resistance routines with an emphasis on full body mobility and core muscle stability.

STEP & TONE: Step & muscle conditioning.

STEP CLASS: Step class only. No muscle toning component.

STRETCH CLASS: Designed to improve overall flexibility.

TOTAL BODY TONING: Muscular strength & endurance work. Variety of equipment is used. No cardio component.

TOTAL BODY WORKOUT: Challenges your cardio, muscular strength and endurance.

YOGA: Basic yoga moves utilizing a variety of stretching combined with breathing and relaxation.

ZUMBA: “Latin moves” and rhythms.

Huron Park Recreation Centre

830 Paisley Blvd. W
Mississauga, ON
L5C 3P5

Phone:
905-615-4820

mississauga.ca/fitness

Hours of Operation

Mon, Wed, Fri	6:30 am - 10:00 pm
Tues & Thurs	8:00 am - 10:00 pm
Sat & Sun	8:30 am - 5:00 pm

Membership Rates

activemississauga.ca

A Fitness Membership includes:

- Access to all 13 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)

	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.

The City of Mississauga embraces inclusivity and ensures all Fitness programs are available for all ages and abilities. 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

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	

Programs close by Huron Park

(Approximate distances)

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?			
Mississauga Valley Community Centre	6.3 km	Clarkson Community Centre	9 km
South Common Community Centre	7.2 km	Carmen Corbasson Community Centre	7 km