

# HURON PARK RECREATION CENTRE (905) 615-4820

Hours of Operation (Fitness): Mon, Wed, Fri 6:30am to 10pm    Tues & Thurs 8am to 10pm    Sat & Sun 8:30am to 5pm

Effective: Summer 2019 (Tuesday, July 2 – Sunday, Sept 1)



## 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
Yoga 9:15 am (FS) Mila	Yoga 9:15 am (FS) Sheila / Olesia	Step & Tone 9:15 am (FS) Sheila	Total Body Toning 9:15 am (FS) Allison	Step Class 9:15 am (FS) Sharon	Low & Tone 9:00 am (FS) Candice / Patty	Hi/Low & Tone 9:30 am (FS) Sharon
Low & Tone 10:30 am (FS) Sheila	Total Body Toning 10:30 am (FS) Sheila	Mobility & Stability 10:30 am (FS) Sheila	Yoga 10:30 am (FS) Sheri	Yoga 9:15 am (OD) Mila July 5,12,19	Total Body Workout 9:15 am (G) Kimberly / Jaime	Low & Tone 10:45 am (FS) Lou / Kasia
				Yoga 10:30 am (FS) Mila	Fitness Boxing 10:20 am (FS) Jaime	
					Classes are 60 mins unless otherwise noted & include any set-up & take down.  <b>Class location</b> Gymnasium (G) Fitness Studio (FS) Ojibway Room (OR) Outdoors (OD)	
	Fitness Boxing 6:30 pm (FS) Jesus	Yoga 6:00 pm (FS) Sheri	Fitness Boxing 6:30 pm (FS) Jesus			
Total Body Workout 6:30 pm (G) Allison	Mind, Body, Core 6:30 pm (OR) Heather		Total Body Workout 6:30 pm (G) Heather			
Yoga 7:00 pm (FS) Sheri	Boot Camp 7:15 pm (G) Allison	Zumba 7:15 pm (FS) Jays	Zumba 7:30 pm (G) Antoinette			

#### For all group exercise classes:

- Check online at [activemississauga.ca](http://activemississauga.ca) in “details” for program exception dates. Class formats and instructors subject to change.
- **Participants can check in** at the front desk **30 minutes for fitness classes** and **65 minutes 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

**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. 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.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Oh My Aching Body</b> 9:30 am (TP) Rebecca	<b>Hip &amp; Knee</b> 9:30 am (TP) Marta	<b>Oh My Aching Body</b> 9:30 am (TP) Monica	<b>Ai Chi</b> 9:30 am (TP) Rebecca	<b>Stronger &amp; Steadier H2O</b> 9:30 am (TP) Monica	<b>Oh My Aching Body</b> 9:30 am (TP) TBC	
<b>Yoga Therapeutic H2O</b> 10:30 am (TP) Rebecca	<b>Oh My Aching Body</b> 10:30 am (TP) Marta	<b>Stronger &amp; Steadier H2O</b> 10:30 am (TP) Monica	<b>Oh My Aching Body</b> 10:30 am (TP) Rebecca	<b>Hip &amp; Knee</b> 10:30 am (TP) Monica	Classes are 60 mins unless otherwise noted & include any set up & take down.  <b>Class location</b> Gymnasium (G) Fitness Studio (FS) Main Pool (MP) Ojibway Room (OR) Therapeutic Pool (TP)  <b>LAND – denotes land programs</b>	
<b>Diabetes- Land</b> 2:00 pm (FS) Sheila	<b>Stretch &amp; Tone Therapeutic- Land</b> 11:15 am (G) Kasia		<b>Diabetes-Land</b> 2:00 pm (FS) Sheila	<b>Chair Exercise-Land</b> 11:30 am (G) Karina		
	<b>Oh My Aching Body</b> 7:30 pm (TP) TBC		<b>Hip &amp; Knee</b> 7:30 pm (TP) Rebecca			
<b>Therapeutic Pool time:</b> non-instructed exercise in the therapeutic pool; speciality equipment available.						
1:30-2:30pm	1:30-2:30pm	1:30-2:30pm	1:30-2:30pm	1:30-2:30pm		

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Exercise:</b>						
	<b>Aquafitness</b> 9:00-9:45am (MP) Tracy		<b>Water Running</b> 9:00-9:45am (MP) Tracy		<b>Aquafitness</b> 9:45-10:30am (MP) Mary Lou	
					<b>Water Running</b> 10:30-11:15am (MP) Mary Lou	
<b>Gym Court Sport:</b>						
	<b>Drop In Adult Pickleball</b> 4:45-6:45pm (G)			<b>Drop In Adult Pickleball</b> 4:30-6:30pm (G)		<b>Drop In Adult Pickleball</b> 12:30-2:30pm (G)
	<b>Drop in Adult Basketball</b> 8:30-10:30pm (G)					

### THERAPUETIC CLASS DESCRIPTIONS

#### WATER CLASSES

**AI CHI:** follows movement patterns similar to Tai Chi, to tone the body, increase range of motion while promoting relaxation and a healthy mind-body relationship.

**HIP & KNEE:** works on injuries and degenerative joints issues including pre and post-operative conditions.

**OH MY ACHING BODY:** relieves pain and improves active daily living for people with chronic conditions (Arthritis, Fibromyalgia...)

**STRONGER & STEADIER H2O:** improves balance, flexibility, posture, strength and co-ordination.

**YOGA THERAPEUTIC H2O:** improve range of motion, balance, strength and mobility.

#### LAND CLASSES

**CHAIR-EXERCISE:** assisted exercising using a chair. It focuses on upper body, core and leg strengthening. Stretching exercises are included.

**DIABETES:** a gentle low impact fitness class. Class participants can arrive 15 minutes prior, and after class to self-monitor blood sugar and blood pressure levels

**STRETCH & TONE THERAPEUTIC:** improve overall strength, flexibility and balance. Toning exercises followed by stretching. Class can be done seated or standing.

#### WATER EXERCISE

**AQUAFITNESS:** for both swimmers and non-swimmers. A great workout in water with reduced stress on joints.

**WATER RUNNING:** class is suitable for all fitness levels and is a great cross training opportunity for all distance runners. This class takes place in the deep end.