

# HURON PARK RECREATION CENTRE - Fitness Class Schedule

(905) 615-4820 [activemississauga.ca](http://activemississauga.ca)

Effective: Spring 2017 (Monday, March 20- Friday, June 30)



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 / Debbie	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 - 10:30 am (G) Jamie / Allison	Low & Tone 10:45 am (FS) Karina / Kasia
Mind, Body, Core 11:00 am (OR) Liza					Classes are 60 min in length unless otherwise noted. All classes include set up and take-down time.  Please check online at <a href="http://activemississauga.ca">activemississauga.ca</a> in "details" for program exception dates.  <b>All classes take place:</b> Gymnasium (G) Fitness Studio (FS) Ojibway Room (OR)	
Stretch Class 5:40 - 6:20 pm (FS) Jamie		Yoga 6:00 pm (OR) Liza				
Total Body Workout 6:30 pm (G) Jamie	Boot Camp 6:30 pm (G) Alan	BLC 7:00 pm (FS) Irene	Total Body Workout 6:30 pm (G) Jamie			
Total Body Toning 7:00 pm (FS) Antoinette	Mind, Body, Core 6:30 pm (OR) Liza	Zumba 7:15 pm (OR) Jayes	Zumba 7:30 pm (G) Antoinette			
<b>Fitness Boxing Classes</b> Boxing - PAYG or add on Membership fees required.						
	Fitness Boxing 6:30 pm (FS) Andy		Fitness Boxing 6:30 pm (FS) Andy		Fitness Boxing 10:00-11:15 am (FS) Alan	

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

**BLC:** Muscle conditioning – buttocks, legs and core.

**BOOT CAMP:** A military style workout with intervals 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.

**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](http://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](http://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 60-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>
• <b>Adult</b> (18+ yrs)	\$37.00/month \$444.00/year	\$50.00/month \$150.00/3 months	\$54.00	\$9.00/visit	\$10.00
• <b>Youth</b> (10-17 yrs)* • <b>Student</b> (with ID)* • <b>Person with Disability</b> * • <b>Older Adult</b> (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

### Fitness Membership Add-ons - Fitness Boxing

	Adult	12 Months \$10.52/mo \$126.15/yr	3 Months \$15.05/mo \$45.15 / 3 months <i>(Full 3-month payment is required)</i>	1 Month \$20.10	5+ Visits \$4.88/visit (M) \$10.80/visit (N-M)	Single Visit \$6.00 (M) \$12.00 (N-M)
<i>(As above)</i> Youth, Student, Disability, Older Adult					\$4.32/visit (M) \$8.54 (N-M)	\$4.80 (M) \$9.60 (N-M)

*\*denotes appropriate documentation required*

*M - Members; N-M - non-member*

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