

PARAMOUNT FINE FOODS CENTRE- FITNESS CENTRE - Fitness Class Schedule

905-615-3200 x2895

activemississauga.ca

Effective: Summer 2018 (Monday, July 2 – Saturday, September 22)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Toning 9:30 am (FS1) Taru			Fit Wall Workout 9:30-10:00 am (FC) Taru		Kettlebell Class 8:45 am (FS1) Karina	Boot Camp 9:00 am (FS2) Kristie Alternate weeks
			Mind, Body, Core 10:10-10:55 am (FS2) Taru		Boot Camp 9:45 am (FS1) Karina	
Fit Wall Workout 12:15- 1:00 pm (FC) Kristie	Total Body Toning 12:15-1:00 pm (FS1) Taru	Fit Wall Workout 12:15-1:00 pm (FC) Taru	Total Body Toning 12:15-1:00 pm (FS1) Diane		<p>Classes are 60 min in length unless otherwise noted. All classes include set up and take-down time.</p> <p>We encourage you to try out a variety of class types and instructors.</p> <p>Please check online at activemississauga.ca in “details” for program exception dates.</p> <p>All classes take place: Fitness / Dance Studio (FS1) Fitness Studio (FS2) Fitness Centre (FC)</p>	
Boot Camp 6:00 pm (FS2) Milja	Fit Wall Workout 5:30-6:00 pm (FC) 6:00-6:30 pm (FC) Kristie 6:30-7:00 pm (FC) 7:00-7:30 pm (FC) Antoinette	Kettlebell Class 6:30 pm (FS2) Kristie	Boot Camp 6:00 pm (FS2) Milja	Yogalates 6:00 pm (FS2) Wendy		
	Yoga 7:00 pm (FS2) Wendy					

FITNESS CLASS DESCRIPTIONS

BOOT CAMP: A high energy workout with circuits of strength training and cardio.

FIT WALL WORKOUT: A full body workout using vertical training offering a cardiovascular, functional and metabolic strength training workout. 30 minutes is all you need.

KETTLEBELL CLASS: Kettlebell training is a great way to get a full body workout that allows you to burn calories, increase your flexibility and develop overall strength.

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

TOTAL BODY TONING: Increase muscle strength and endurance using a variety of resistance equipment (weights, kettlebells, tubing, etc). No cardio component.

YOGA: Basic yoga moves utilizing a variety of stretching combined with breathing and relaxation to reduce muscle tension and stress.

YOGALATES: Blend of movements from the disciplines of Yoga and Pilates with a focus on improving strength, balance and flexibility.

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.**

Paramount Fine Foods Centre Fitness Centre

5600 Rose Cherry Place
Mississauga, ON
L4Z 4B6

Phone: 905-615-3200 x2895

mississauga.ca/fitness

Hours of Operation

Monday - Friday	7:30 am - 11:00 pm
Saturday & Sunday	7:30 am - 9:00 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 (Best Buy)	3 Months (full 3-month payment required)	1 Month	5+ Visits Pass	Single Visit (pay-as-you go)
• Adult (18+ yrs)	\$37.38/month \$448.50/year	\$50.67/month \$152.00/3 months	\$54.80	\$9.45/visit	\$10.50
• Youth (10-17 yrs)* • Student (with ID)* • Person with Disability * • Older Adult (65+ yrs)*	\$29.90/month \$358.80/year <i>(20% off adult price)</i>	\$40.53/month \$121.60/3 months	\$43.85	\$7.56/visit	\$8.40

**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.
1-4 sessions	\$53.10/session	\$35.40/session pp	
5-9 sessions	\$47.80/ session	\$31.85/session pp	
10+ sessions	\$42.50/ session	\$28.30/session pp	

**Programs close by
Miss SportZone**
(Approximate distances)

Did you know how close you could be?

Mississauga Valley Community Centre	3 mi/5 km	River Grove Community Centre	4 mi/8 km
Frank McKechnie Community Centre	1.5 mi/2.4 km	Burnhamthorpe Community Centre	4 mi/8 km