

PARAMOUNT FINE FOODS CENTRE – FITNESS CENTRE (905) 615-3200 ext 2895
Hours of Operation: Mon - Fri 7:00am to 11:00 pm Sat & Sun 7:30am to 9:00 pm
Effective: Winter 2020 (Thursday, January 2 – Saturday, March 28)



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
Total Body Toning 9:30 am (FS1) Taru			Fitwall® Workout 9:30-10:00 am (FC) Taru		Kettlebell Class 8:45 am (FS-1) Karina	
			Mind, Body, Core 10:10-10:55 am (FS-2) Taru		Boot Camp 9:45 am (FS-1) Karina	
Fitwall® Workout 12:15- 1:00 pm (FC) Kristie	Total Body Toning 12:15-1:00 pm (FS1) Taru	Fitwall® Workout 12:15-1:00 pm (FC) Taru	Total Body Toning 12:15-1:00 pm (FS-1) Diane		<div>Classes are 60 minutes unless otherwise noted. All classes include set up & take down time.</div> <div>Class locations/notations: (FS-1) – Fitness studio #1 (FS-2) - Fitness studio #2 (FC) – inside the fitness centre</div>	
Boot Camp 6:00 pm (FS-2) Mila	Fitwall® Workout 5:45-6:30 pm (FC) 6:30-7:15 pm (FC) Kristie / Antoinette	Total Body Toning 6:30 pm (FS-2) Kristie / Karina	Boot Camp 6:00 pm (FS-2) Sophie / Habib	Yogalates 6:00 pm (FS-2) Wendy		
	Yoga 7:00 pm (FS-2) Wendy					



What is Fitwall®?
The Fitwall is designed to fulfill all of your fitness needs. Every workout is a blend of strength, cardio and flexibility training and challenges your entire body. It's a ladder-like device bolted onto a wall that allows you to perform moves like pull-ups, downward facing dogs, and frog squats by stepping, pulling, and jumping on the rungs.

- For all group exercise classes:**
- Check online at activemississauga.ca in “details” for program exception dates.
 - Class formats and instructors are 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 high energy workout with circuits of strength training and cardio.

FITWALL® 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