

# MISSISSAUGA VALLEY Community Centre (905) 615-4670

Hours of Operation: Mon-Thurs 6:00am to 10:30pm Fri 6:00am to 10:00pm Sat & Sun 7:00am to 4:30pm

Effective: Fall 2019 (Tuesday, September 3 – Tuesday December 31, 2019)



## 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
						Cycle (FB) 7:45 am
Low & Tone 9:15 am	Cardio Pump 9:15 am	Low & Tone 9:15 am		Step 9:15 am	Cycle (FB) 9:00 am	Cycle (FB) 8:45 am
Cycle(FB) 9:30 am		Cycle (FB) 9:30 am	Mind, Body & Core 9:15 am		Hi/ Low & Tone 9:15 am	Hi/ Low & Tone 9:00 am
Total Body Toning 10:15 am	Gentle Low 10:15 am	Yoga 10:15 am	Gentle Low 10:15 am	Zumba® 10:15 am	Step & Tone 10:15 am	Kettlebell Class 10:00 am
						Yoga 11:00 am
Cardio & Core 5:30 pm	Total Body Toning 5:30 pm	Yoga & Tone 5:30 pm	Tabata (30 min) 6:00 pm	TRX Circuit 6:00 pm		Zumba® 12:00pm
Cycle (FB) 6:15 pm	Cycle (FB) 6:15 pm	Cycle & Lift (FB) 6:15 pm	Cycle (FB) 6:15 pm		Classes are 60 mins unless otherwise noted  <b>Class location (FB) – Frank Bean room (L)- Lobby</b>	
TRX Circuit 6:30 pm	Low & Tone 6:30-7:30 pm	Total Body Toning 6:30pm	Yogalates 6:30 pm			
				Zumba® 7:00 pm		
Abs & Back 7:30 pm	Yoga 7:30 pm	Zumba® 7:30 pm	Boot Camp 7:30 pm			

### For all group exercise classes:

- Check online at [activemississauga.ca](http://activemississauga.ca) in “details” for program exception dates.
- 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

**Abs & Back:** Mat work and use of a stability ball will help to strengthen your back and abdomen.

**Boot Camp:** A military style workout with intervals of strength training and cardio.

**Cardio & Core:** This workout consists of cardio and strength circuits that have an emphasis on the core.

**Cardio Pump:** Intervals of cardio and resistance training ending with stretching and relaxation.

**Cycle:** Set you own pace and turn the stationary bike into a terrific cardio workout.

**Hi/Low & Tone:** A combination of hi and low impact routines allowing participants to modify the workout to their own fitness level, followed by a toning segment.

**Gentle Low:** Emphasis is placed on a longer warm-up and controlled toning exercises.

**Kettlebell Class:** A great way to get a full body workout that increases your flexibility and develop overall strength.

**Low & Tone:** Low impact cardio moves plus toning ending with a stretch and relaxation component.

**Mind, Body, & Core:** A blend of yoga, Pilates, and fitness conditioning.

**Nordic Walking:** A full body workout that improves posture by using poles while reducing stress on knees, hips and back.

**Step:** Step moves followed by a toning segment, ending with a stretch and relaxation.

**Step and Tone:** Intervals of step routines and resistance training.

**Tabata:** This interval workout consists of performing an exercise at high intensity for 20 seconds, followed by 10 seconds of rest

**Total Body Toning:** A full body workout with strength, coordination, core, balance and flexibility.

**TRX Circuit:** Cardio work with intervals using the TRX suspension system for an overall workout and core strength.

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

**Yoga & Tone:** Combine the benefits of yoga and muscle conditioning to strengthen and tone, promote bone health, and increase flexibility.

**Yogalates:** This class uses a blend of movements from the disciplines of yoga, Pilates and fitness conditioning with a focus on improving strength, balance and flexibility.

**Zumba:** Combines high energy and motivating music with unique moves and combinations.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shoulder, Posture & Core 10:00am	Better Backs H2O 1:00pm	Oh My Aching Body 9:30am		Oh My Aching Body 9:30am	WW Fibromyalgia Exercise 10:00am	
LAND Chair-ercise 11:30am (FS)	Instructed Therapeutic Time 2:00pm	Better Backs H2O 10:30am	Hip & Knee 1:00pm	Oh My Aching Body 1:00 pm	<i>Classes are 60 min unless otherwise noted</i> <b>Class location/notations</b> LAND – noted for all land-based classes TP – therapeutic WW – warm water (FS) – fitness studio <i>All water-based classes take place in the warm water tank unless otherwise noted</i>	
Oh My Aching Body 1:00 pm	Hip & Knee 7:00pm	LAND TP Yoga 11:30am (FS)	Open Therapy Time 6:30pm	Instr. Therapeutic Time 2:00pm		
Oh My Aching Body 7:00 pm	Yoga TP H2O 8:00pm			Oh My Aching Body 6:30pm		
Therapeutic Pool time: non-instructed exercise in the therapeutic pool; speciality equipment available.						
2:00-3:00 pm	2:00-3:00 pm	2:00-3:00 pm	2:00-3:00 pm	2:00-3:00 pm		½ pool 2:30-3:30 pm

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Exercise: Water Exercise Drop In classes start the week of Mon Sep 9 <sup>th</sup>						
Aqua Cycle 9:05-9:50am		Aquafitness 10:30-11:15am		Aquafitness 10:30-11:15am	Class location/notations WW- warm water	
Aquafitness 10:30-11:15am	Aquafitness 7:30-8:15pm		WW Strength Training 8:00pm-8:45pm			
WW Aquafitness 8:00-8:45pm						
Gym Court Sport: Gym Drop In's Begin Sept 16 due to Gym Closure, evening and weekend drop-ins start week of Sat Sept 21						
Adult Pickleball 9:00 -12:00pm		Adult Pickleball 9:00 -12:00pm		Adult Pickleball 9:00 -12:00pm	Adult Basketball 2:30 – 4:30pm	Family Pickleball 9 – 10am Gym B 9 – 11am Gym A
Adult Badminton 12:30-3:00pm		Adult Badminton 12:30-3:00pm		Adult Badminton 12:30-3:00pm		Adult Pickleball 11 – 1pm – Gym A/B
Adult Basketball 8:00 – 10:00pm				Badminton 14 yrs+ 7:30 – 9:30pm		Badminton 14 yrs+ 1 – 3pm Gym B  Basketball 14 yrs+ 1:15 – 3:15pm Gym A

THERAPUETIC CLASS DESCRIPTIONS

WATER-BASED CLASSES

**Better Backs H2O** –Features exercises for chronic back pain and orthopedic conditions. This program is suitable for participant’s poor balance, or someone having challenges walking.

**HIP & KNEE** – For those with hip and/or knee degeneration/injuries or preparing/recovering from hip or knee surgery. Focused on range of motion for joints, muscle conditioning, balance and posture.

**INSTRUCTED THERAPEUTIC TIME** – Participants will be given personalized exercises based on needs with guidance for exercises.

**OH MY ACHING BODY** – Safe and educational exercise. Suitable for those with Parkinson’s, arthritis, fibromyalgia and osteoporosis.

**SHOULDER, POSTURE & CORE** – Focused on postural alignment and core while working on shoulder stabilization.

**WARM WATER FIBROMYALGIA** – Gentle, full body workout to build strength and range of motion.

**YOGA THERAPEUTIC H2O** – Blends gentle yoga postures with strength, flexibility, balance and guided meditation and breathing.

LAND-BASED CLASSES

**CHAIR-EXERCISE:** Assisted exercises focusing on upper body, core and legs and flexibility training.

**YOGA THERAPEUTIC:** Blends gentle seated/standing yoga postures with breath work and meditation.

WATER EXERCISE

**AQUAFITNESS:** A great cardio and conditioning workout with less stress on joints. For swimmers and non-swimmers alike!

**WARM WATER GENTLE AQUAFITNESS:** Designed especially for individuals starting a fitness program or for those who require a more gentle approach to exercise with less stress on the joints.

**AQUA CYCLE:** An exhilarating and innovative program with underwater stationary bikes for weight loss, fitness and fun! This blends cardio, upper body and core strength. For your comfort aqua shoes are strongly recommended.

**WARM WATER STRENGTH TRAINING:** A full body workout in the therapeutic pool including upper and lower body conditioning, flexibility and core. Suitable for participants who are looking for a more intense program in warm water.