

# RIVER GROVE COMMUNITY CENTRE - Fitness Class Schedule

(905) 615-4780 [activemississauga.ca](http://activemississauga.ca)

Effective: Winter 2019 (Tuesday, January 1<sup>st</sup> - Sunday, March 31<sup>st</sup>)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Total Body Toning</b> 8:00 am	<b>Boot Camp</b> 8:00 am	<b>Pilates</b> 8:00 am	<b>Total Body Workout</b> 8:00 am		<b>Foam Roller</b> 8:00 am	<b>Yoga</b> 8:00 am
<b>Hi/Low &amp; Tone</b> 9:05 am	<b>Step &amp; Tone</b> 9:05 am	<b>Step &amp; Tone</b> 9:05 am	<b>20/20/20</b> 9:05 am	<b>The Edge</b> 9:05 am	<b>Total Body Workout</b> 9:00 am	<b>Cardio Plus</b> 9:00 am
<b>Zumba®</b> 9:30 am (Kaneff)					<b>Zumba®</b> 9:00 am (Kaneff)	<b>Pilates</b> 10:00 am
<b>Total Body Toning</b> 10:10 am	<b>Power Yoga</b> 10:10 am	<b>Pilates</b> 10:10 am	<b>Total Body Toning</b> 10:10 am	<b>Yoga</b> 10:20 am	<b>Step &amp; Tone</b> 10:00 am	<b>Step &amp; Tone</b> 11:00 am
<b>Ginga®</b> 5:30 pm	<b>Total Body Toning</b> 5:30 pm	<b>Yoga</b> 5:30 pm	<b>Step &amp; Tone</b> 5:30 pm	<b>Zumba®</b> 5:30 pm	<b>Total Body Toning</b> 11:00 am	
<b>Cardio Plus</b> 6:30 pm	<b>Yoga</b> 6:30 pm	<b>Step Interval</b> 6:30 pm	<b>Zumba®</b> 6:30 pm	<b>Boot Camp</b> 6:30 pm	<p><i>Classes are 60 min in length unless otherwise noted.</i></p> <p><i>We encourage you to try out a variety of class types and instructors.</i></p> <p>Please check online at <a href="http://activemississauga.ca">activemississauga.ca</a> in "details" for program exception dates.</p>	
<b>Step &amp; Tone</b> 7:30 pm	<b>Hi/Low &amp; Tone</b> 7:30 pm	<b>Tabata Tone</b> 7:30 pm	<b>Low &amp; Tone</b> 7:30 pm	<b>Yoga</b> 7:30 pm		
<b>Pilates</b> 8:30 pm	<b>Zumba®</b> 7:00 pm (Yth/Srs Room)		<b>Yoga Flow</b> 8:30 pm			
	<b>Yoga</b> 8:00 pm (Yth/Srs Room)					
	<b>Total Body Toning</b> 8:30 pm					

## FITNESS CLASS DESCRIPTIONS

**20 / 20 / 20:** 20 minutes of step, 20 minutes of cardio, and 20 minutes of resistance training for a full workout.

**BOOTCAMP:** Muscular endurance intervals and core work.

**CARDIO PLUS:** An extended cardio section followed by abdominal work and stretching.

**GINGA:** High intensity dance program combining martial arts & blends of dance moves.

**HI/LOW & TONE:** High/low cardio moves, followed by a toning segment with resistance equipment.

**LOW & TONE:** Low impact cardio moves, followed by a toning segment with resistance equipment.

**NORDIC WALKING:** A low impact total body workout using walking poles that improves endurance, strength and posture.

**PILATES:** Strength training that focuses on attaining core stability while providing a full body workout!

**POWER YOGA:** Ideal for those familiar with basic yoga movements but looking for something more challenging

**STEP:** Make use of variable height steps during the aerobic portion of this class for increased leg work and cardiovascular endurance.

**STEP INTERVAL:** This workout involves intervals of step routines and resistance training.

**STEP & TONE:** Intervals of step routines and resistance training ending with a stretch and relaxations components.

**THE EDGE:** Extreme toning workout!

**TABATA TONE:** High intensity interval training. HITT!

**TOTAL BODY TONING:** A muscle strength and endurance class using a variety of equipment.

**TOTAL BODY WORKOUT:** This demanding class uses a variety of techniques to increase your cardio, muscle strength and endurance.

**YOGA:** A variety of Yoga movements and practice combined with breathing and relaxation techniques.

**YOGA FLOW:** A faster paced Yoga Class with "flow"

**ZUMBA®:** This class combines high energy and motivating music with unique moves and combinations.

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.**

# River Grove Community Centre

5800 River Grove Ave  
Mississauga, ON L5M 4R8

Phone: 905-615-4780

[mississauga.ca/fitness](http://mississauga.ca/fitness)

## Hours of Operation

Monday - Friday	6:00 am - 10:30 pm
Saturday	7:00 am - 7:00 pm
Sunday	7:00 am - 7:00 pm

## Membership Rates

[activemississauga.ca](http://activemississauga.ca)

### A Fitness Membership includes:

- Access to all 12 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, including Cycle and Boxing classes
- **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.

The City of Mississauga embraces inclusivity and ensures all Fitness programs are available for all abilities and eligible ages. Support can be utilized as needed to promote a successful recreation experience! Please direct questions to [inclusion.recreation@mississauga.ca](mailto:inclusion.recreation@mississauga.ca): 905-615-3200 ext. 8260.

### City of Mississauga Fitness Rates *(prices are subject to applicable taxes)*

	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)	<b>\$37.38/month</b> \$448.50/year	<b>\$50.67/month</b> \$152.00/3 months	\$54.80	\$9.45/visit	\$10.50/visit
• <b>Youth</b> (10-17 yrs)* • <b>Student</b> (with ID)* • <b>Person with Disability*</b> • <b>Older Adult</b> (65+ yrs)*	<b>\$29.90/month</b> \$358.80/year <i>(20% off adult price)</i>	<b>\$40.53/month</b> \$121.60/3 months	\$43.85	\$7.56/visit	\$8.40/visit

*\*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.

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.
<b>1-4 sessions</b>	\$53.10/ session	\$35.40/session pp	
<b>5-9 sessions</b>	\$47.80/ session	\$31.85/session pp	
<b>10+ sessions</b>	\$42.50/ session	\$28.30/session pp	
Squash Lessons 40-min session	Private	Semi-private (2 people)	Squash lessons and league  To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.  To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.
<b>1-3 lessons</b>	\$45.75/lesson	\$30.50/lesson pp	
<b>4 + lessons</b>	\$36.50/lesson	\$24.50/lesson pp	