

# RIVER GROVE COMMUNITY CENTRE (905) 615-4780

Hours of Operation: Monday - Friday 6:00 am to 10:30 pm Saturday - Sunday 7:00 am to 7:00 pm

Effective: Fall 2019 (Tuesday, September 2, 2019 – Tuesday December 31<sup>st</sup>, 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
Total Body Toning 8:00 am	Boot Camp 8:00 am	Pilates 8:00 am	Total Body Workout 8:00 am		Foam Roller 8:00 am	Yoga 8:00 am
Hi/Low & Tone 9:05 am	Step & Tone 9:05 am	Step & Tone 9:05 am	20/20/20 9:05 am	The Edge 9:05 am	Total Body Workout 9:00 am	Cardio Plus 9:00 am
Zumba® 9:30 am (G) Class Starts Nov. 4	Power Yoga 10:10 am	Pilates 10:10 am	Nordic Walk 9:00 am (L)	Yoga 10:20 am	Zumba ® 9:00am (G) Class starts Nov. 9th	Pilates 10:00 am
Total Body Toning 10:10 am			Total Body Toning 10:10 am		Step & Tone 10:00 am	Step & Tone 11:00 am
	Total Body Toning 5:30 pm				Total Body Toning 11:00 am	
Zumba® 5:30 pm	Yoga 6:30 pm	Yoga 5:30 pm	Step & Tone 5:30 pm	Zumba ® 5:30 pm		
Cardio Plus 6:30 pm	Zumba® 7:00 pm (Y/S) Class Starts Nov. 5	Step Interval 6:30 pm	Zumba® 6:30 pm	Boot Camp 6:30 pm	<div>Classes are 60 min unless otherwise noted</div> <div>Class location/notations (G) - Gymnasium (Y/S) - Youth/Senior room (L) – Meet in Lobby</div> <div>Highlighted – due to renovations, classes cancelled until November 4, 2019</div>	
Step & Tone 7:30 pm	Hi/Lo & Tone 7:30 pm	Tabata Tone 7:30 pm	Low &Tone 7:30 pm	Yoga 7:30 pm		
Pilates 8:30 pm	Yoga 8:00 pm (Y/S) Class Starts Nov. 5	Pilates 7:00 pm (Y/S) Class Starts Nov. 6	Yoga Flow 8:30 pm			
	Total Body Toning 8:30 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

**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.

**FOAM ROLLER:** A form of self-massage and beneficial for loosening up sore muscles, aiding in muscle recovery, improving flexibility and creating a balanced workout routine.

**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 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 advanced.

**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.

**THE EDGE:** Extreme toning workout!

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

**TOTAL BODY TONING:** The focus is on muscle strength and endurance. A variety of equipment is used.

**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.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Exercise: Classes start the week of September 21st						
Aquafitness 10:45- 11:30 am				Aquafitness 10:45- 11:30 am		
						Aquafitness 9:00 – 9:45 am
	Aquafitness 7:45- 8:30 pm		Aquafitness 7:45- 8:30 pm			
Gym Court Sport:						
				Adult Pickleball 12:45-2:45 pm Program starts Nov. 8		
					Badminton 14+ 4:00-6:00 pm Program starts Nov. 9	

WATER EXERCISE  
CLASS DESCRIPTIONS

**AQUAFITNESS:** This program is designed for non-swimmers and swimmers alike! It is ideal for individuals who want to get a great workout and reduce the amount of stress placed on joints or for those who are interested in cross-training options from land based activities. Class design will include warm-up, cardio muscle conditioning and stretching.

Personal Training

Reach your goals quickly, effectively and safely working with our highly qualified, certified trainers. We have affordable and flexible packages with NO MINIMUM PURCHASE or membership required.

Personal training can help you to:

- Stay challenged and motivated with customize workouts
- Learn correct exercise techniques
- Manage weight - lose, gain or maintain
- Improve muscle strength and tone
- Increase endurance and stamina
- Improve sport-specific performance

Think of personal training when you:

- Are getting started with your exercise program
- have hit a plateau or just aren't seeing the results you want
- Want to update your program with new exercises, or a change with your schedule or approach
- Want to learn more about the principles of training and progression



FREE Fitness Consultation

This 45 minute session is a great way to make the most of your membership. Your personal trainer will work with you to identify the best options and exercises based on your goals.

Ask a fitness team members about booking when you START or RENEW your membership!