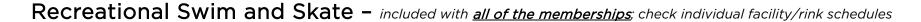
# RIVER GROVE COMMUNITY CENTRE (905) 615-4780

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 31st, 2019)



# Fitness class schedule - classes for Fit. Fit+ or All-in memberships

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

### For all group exercise classes:

- Check online at 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: Cl	lasses start the wee	ek of September 2	1st			
Aquafitness 10:45- 11:30 am				<b>Aquafitness</b> 10:45- 11:30 am		
						<b>Aquafitness</b> 9:00 – 9:45 am
	<b>Aquafitness</b> 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!