

SOUTH COMMON COMMUNITY CENTRE - Fitness Class Schedule *(updated Apr. 5/17)*

(905) 615-4770 activemississauga.ca

Effective: Spring 2017 (Monday, March 27 – Friday, June 30)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Gold® 9:00 am (Arbour) <i>Wendy H</i>	Yoga 8:45 am (Arbour) <i>Elizabeth</i>	Total Body W/O 9:05 am <i>Bruce</i>		Zumba® 9:05 am (Tempo) <i>Lei</i>	Hi/Low and Tone 8:45 am <i>Beata/Bruce</i>	Total Body Toning 8:45 am <i>Lori/Cathy</i>
TBT/Step 9:05 am <i>Cathy</i>	20/20/20 9:05 am <i>Arleigh</i>	Zumba® 9:05 am (Tempo) <i>Karina</i>	Total Body Toning 9:05 am <i>Lei</i>	Step 9:05 am <i>Joyce</i>		
Hi/Lo and Tone 10:10 am <i>Wendy</i>	Total Body Toning 10:10 am <i>Kamla</i>	Low Impact Interval 10:10 am <i>Bruce</i>	Step 10:10 am <i>Cathy</i>	Total Body Toning 10:10 am <i>Lei</i>	Yogalates 10:00 am <i>Beeta</i>	Zumba® 10:00 am <i>Gabriela</i>
Mobility& Stability 10:15 am (Youth) <i>Cathy</i>		Low Impact Gentle 10:10 am (Arbour) <i>Lei</i>		Low Impact Gentle 11:10 am <i>Karmela/Carolyn</i>		Stretch Class 11:00 am <i>Beeta</i>
Mind, Body Core 11:15 am (Arbour) <i>Lorrie</i>		Mind, Body Core 11:15 am (Arbour) <i>Carrie</i>	Low Impact Interval 11:10 am <i>Lei</i>	Mind, Body Core 11:15 am (Arbour) <i>Laura</i>	Low and Tone 11:15 am <i>Karmela/Carolyn</i>	
Total Body Toning 12:15 pm <i>Carolyn</i>		Total Body Toning 12:15 pm <i>Carolyn</i>		Total Body Toning 12:15 pm <i>Carolyn</i>	Total Body Toning 12:15 pm <i>Beata</i>	
					<div>Classes are 60 min in length unless otherwise noted.</div> <div>We encourage you to try out a variety of class types and instructors.</div> <div>Please check online at activemississauga.ca in “details” for program exception dates.</div>	
Hi/Lo and Tone 5:20 pm <i>Beata</i>	Hi/Lo and Tone 5:20 pm <i>Beata</i>	Cardio Pump 5:20 pm <i>Vicki</i>	Total Body Toning 5:30 pm <i>Carolyn</i>	Zumba® 5:30 pm <i>Victoria</i>		
Zumba® 6:30 pm <i>Victoria</i>	Zumba® 6:15 pm <i>Nelly</i>	Total Body Toning 6:15 pm <i>Taru/Jamie</i>	Zumba® 6:30 pm <i>Nelly</i>			
	Total Body Toning 7:15 pm <i>Karina/Cathy Mac</i>	Boot Camp 7:15 pm <i>Sue</i>	Step and Tone 7:30 pm <i>Lori</i>			
Step and Tone 7:30 pm <i>Lori</i>	Yoga Power 7:30 pm (Arbour) <i>Joanne</i>		Yoga 7:30 pm (Arbour) <i>Lorrie</i>			
	Kickbox Cardio 8:15 pm <i>Nelly</i>	Zumba® 8:15 pm <i>Nelly</i>	Insanity® 8:30pm <i>Nelly</i>			

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.**

FITNESS CLASS DESCRIPTIONS

20/20/20: Two 20 minute cardio sessions (step and hi/lo) followed by toning.

CARDIO PUMP: Intervals of cardio & resistance training.

HI/LO AND TONE: Combination of high & low impact routine, followed by a toning segment with resistance equipment.

INSANITY ®: an intense plyometric workout designed around intervals of strength, power, resistance and core training moves. No equipment needed.

KICKBOX CARDIO: A great total body and core workout with punches, kicks and block techniques.

LOW IMPACT GENTLE: A less intense class with longer warm-up, controlled toning exercises and an extended cool down/relaxation component.

LOW IMPACT INTERVAL: Low impact cardio alternating with muscle conditioning segments.

MIND, BODY AND CORE: Creative movement class, blending pilates & yoga with strength and endurance conditioning.

MOBILITY & STABILITY: Gentle resistance routines with will help improve posture, gait, and balance.

STRETCH CLASS: A class focussing on stretches. Designed to improve and increase flexibility.

STEP: The use of variable-height steps during the aerobic portion of the class.

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

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

YOGA: Uses a variety of muscle stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

YOGALATES: Using a blend of movements from the disciplines of yoga, Pilates and fitness conditioning with a focus on improving strength, balance and flexibility.

YOGA POWER: For those familiar with basic yoga movements but looking for more for a challenge.

ZUMBA®: Dance-sculpting combo class.

ZUMBA GOLD®: Modifies the moves and pace of the original Zumba to suit the needs of the active older adult

South Common Community Centre

2233 South Millway
Mississauga, ON L5L 3H7

Phone: 905-615-4770

mississauga.ca/fitness

Hours of Operation

Monday – Thursday	6:00 am – 10:00 pm
Friday	6:00 am – 9:30 pm
Saturday & Sunday	8:00 am – 5:00 pm

NOTE: Customer Service desk closes ½ hour
before posted closing time

Membership Rates

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.
- **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.

City of Mississauga Fitness Rates (Prices are subject to applicable taxes. A \$10 non-resident fee applies outside Mississauga)

	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>
• Adult (18+ yrs)	\$37.00/month \$444.00/year	\$50.00/month \$150.00/3 months	\$54.00	\$9.00/visit	\$10.00
• Youth (10-17 yrs)* • Student (with ID)* • Person with Disability * • Older Adult (65+ yrs)*	\$29.60/month \$355.20/year <i>(20% off adult price)</i>	\$40.00/month \$120.00/3 months	\$43.20	\$7.20/visit	\$8.00

**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.
1-3 sessions	\$51.50/session	\$35.00/session pp	
4 + sessions	\$41.20/ session	\$28.00/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.
1-3 sessions	\$42.00/session	\$30.00/session pp	
4 + sessions	\$36.00/ session	\$24.00/session pp	