

RIVER GROVE COMMUNITY CENTRE - Fitness Class Schedule

(905) 615-4780 activemississauga.ca

Effective: Spring 2017 (Sunday, March 25th – Friday, June 23rd)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Toning 8:00 am	Boot Camp 8:00 am	Pilates 8:00 am	Boot Camp 8:00 am		Hi/Low & Tone 8:45 am (75 min)	Cardio Plus 8:45 am (75 min)
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	Zumba® 9:00 am (Kaneff)	Pilates 10:00 am
Zumba® 9:30 am (Kaneff)			Nordic Walking 9:00 am (Lobby)		Step & Tone 10:00 am	Step 11:00 am
Total Body Toning 10:10 am	Power Yoga 10:10 am	Pilates 10:10 am	Total Body Toning 10:10 am	Yoga 10:20 am	BellyFit 10:15 am (Kaneff)	
					Total Body Toning 11:00 am	
Ginga® 5:30 pm	Total Body Toning 5:30 pm	Yoga 5:30 pm	Step & Tone 5:30 pm	Zumba® 5:30 pm		
Cardio Plus 6:30 pm	Power Yoga 6:30 pm	Step Interval 6:30 pm	Zumba® 6:30 pm	Boot Camp 6:30 pm	<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>	
Step & Tone 7:30 pm	Hi/Low & Tone 7:30 pm	Tabata Tone 7:30 pm	Low & Tone 7:30 pm	Yoga 7:30 pm		
Pilates 8:30 pm	Zumba® 7:00 pm (Yth/Seniors Room)		Yoga Flow 8:30 pm			
	Yoga 8:00 pm (Yth/Seniors Room)					
	Total Body Toning 8:30 pm					

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

BELLYFIT: This women’s only class combines Belly Dancing, Yoga and Pilates.

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. Try a step class for a change in your regular routine.

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.

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.



River Grove Community Centre

5800 River Grove Ave
Mississauga, ON L5M 4R8

Phone: 905-615-4780

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

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.

Squash Lessons 40-min session	Private	Semi-private (2 people)	Squash lessons and league
1-3 lesson	\$42.00/lesson	\$35.00/lesson pp	To book a squash lesson, ask for Squash Lesson Request Form at Customer Service or speak with a Fitness Team member.
4 + sessions	\$36.00/lesson	\$24.00/lesson pp	To join the City-wide squash league, contact Customer Service or speak with a Fitness Team member.
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.
1-3 sessions	\$51.50/session	\$35.00/session pp	To book appointments, ask for a Personal Training Request Form at Customer Service or speak with a Fitness Team member.
4 + sessions	\$41.20/ session	\$28.00/session pp	