

PORT CREDIT ARENA (905) 615-4830

Effective: Spring 2019 (Monday April 1, 2019 - Friday June 21, 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
Cycle 9:30 am (CR) Donna		Cycle 9:30 am (CR) Joanne		Cycle 9:30 am (CR) Lou	Cycle 8:45 am (CR) Milja	
		Yoga 10:40 am (CR) Joanne			Yoga 10:05 am (CR) Joanne	
			Total Body Workout 7:30 pm (CR) Arnaldo			
					Classes are 60 mins unless otherwise noted	
					Class location Credit Room (CR)	

FITNESS CLASS DESCRIPTIONS

CYCLE WORKOUT: Set your own pace and turn your stationary workout into a journey for the mind, body and soul. Guided imagery, visualization and other motivational techniques will take you on the ride of your life.

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

YOGA: Regular practice of yoga can improve your muscle tone and increase flexibility. Each yoga class uses a variety of muscle stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

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 mins 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**

CLARKSON COMMUNITY CENTRE (905) 615-4840

Hours of Operation: Mon & Wed 8am to 9:45pm Tues & Thurs 7am to 9:45pm Fri 8am-9:15pm
 Sat 8:30am-7:15pm Sun 8pm to 8:30pm

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Yoga for Older Adults 9:30 am (MM)		Zumba Gold 9:15 am (FS)		Total Body Workout 9:05 am (FS)	Zumba 9:30am (FS)
	Zumba 9:30 am (FS)		Yoga 9:30 am (MM)		Adult Floorball 1:00pm to 3:00pm	Adult Volleyball Low Intermediate 6:30pm to 8:30pm
	Yoga for Older Adults 10:35am (MM)				Classes are 60 mins unless otherwise noted Class location Margaret Marland (MM) Fitness Studio (FS)	
		Zumba 6:00pm (FS)	Tabata 6:10 pm (FS) *45 min class*			
Zumba 5:55 pm (FS)	Total Body Toning 5:55 pm (FS)	Yoga 7:00 pm (MM)		Zumba 6:30pm (FS)		
	Yoga 6:30 pm (MM)	Piloxing 7:05 pm (FS)	Buttocks, Legs & Core 7:00 pm (FS)			
Tabata 7:10 pm (FS) *45 min class*	Pilates with Small Equipment 7:00 pm (FS) *Registration class only*	Yoga 8:30 pm (MM)	Yoga Kundalini 7:00 pm (MM) *Registration class only*			

FITNESS CLASS DESCRIPTIONS

BUTTOCKS, LEGS & CORE: This muscle conditioning class will focus on your buttocks, legs and mid section. Using a variety of exercise techniques, this class will help strengthen and tone these target areas.

PILATES WITH SMALL EQUIPMENT: Increase your skill level, exercise selection and add resistance training into your program with the use of small portable equipment. Prerequisite a minimum of one session of Pilates. Registration Class Only.

PILOXING: Blends the power, speed, and agility of boxing, with exhilarating dance moves and targeted sculpting and flexibility of pilates.

TABATA: The interval workout consists of performing an exercise at high intensity for 20 seconds, followed by 10 seconds of rest. This total body workout is fun and suitable for all levels of fitness as you pick the intensity level that's right for you.

TOTAL BODY TONING: Using a variety of portable equipment, we will help you strengthen and tone your entire body. No cardio component.

TOTAL BODY WORKOUT: Challenges your cardio, muscular strength and endurance.

YOGA: Basic yoga moves utilizing a variety of stretching combined with breathing and relaxation.

YOGA KUNDALINI: This basic form of yoga is effective for personal development. Classes will include classic postures, breath work, mantras, guided meditation and relaxation techniques. Registration Class Only.

ZUMBA: Zumba combines high energy and motivating music with unique moves and combinations.

ZUMBA GOLD: Zumba Gold modifies the moves and pace of the original Zumba to suit the needs of the active older adult.

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