

ERIN MEADOWS & CHURCHILL MEADOWS - Fitness Class Schedule

(905) 615-4750   activemississauga.ca  
Effective: WINTER 2017 (January 7<sup>th</sup> until March 10<sup>th</sup>)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*AO - see Add-On Cycling under fees on reverse			Fitness Older Adults 8:00 am			Cycle & Lift 8:00 am (AO)
		Zumba® 9:15 am		Low Impact with Yoga 9:10 am		
	Low Impact with Yoga 10:45 am	Parent & Baby Fitness 10:30 am	Yoga 10:00 am	Yoga Older Adults 10:15 am		Total Body Toning 10:30 am
Zumba Gold® 11:30 am			Zumba Gold® 11:30 am		Butt, Legs & Core 11:05 am	
Yoga Older Adults 1:30 pm		Yoga Gentle (90min) 1:30 pm (registration only)	Parent & Baby Yoga 1:15 pm	Yoga Youth 4:00 pm		
		Yoga Sampler 5:00 pm		<i>Classes are 60 min in length unless otherwise noted. All classes include set up and take- down time.</i>  <i>Memberships and drop-in spaces for classes varies based on the format and capacity with registration.</i>		Yoga for Parent & Youth 1:45 pm
		Cycle for Beginners (AO) 5:30 pm				Zumba® Kids (registration only) 2:50 pm
						Zumba® 4:00 pm
Zumba® 6:00 pm	Total Body Toning 45min 6:15 pm	Cycle workout (AO) 6:20 pm	Boot Camp 6:05 pm			
	Low Impact with Pilates 7:15 pm	Zumba® 7:25 pm	Yoga Power 7:10 pm	Yoga for Women 5:00 pm		
BLC 7:05 pm		Cycle & Lift (AO) 8:35 pm	Yoga 90 minutes 8:15 pm (registration only)	Zumba® 6:45 pm		
Total Body Workout 8:10 pm		Kickbox Cardio 7:30 pm				

Class formats and instructors are subject to change. Please check online at [activemississauga.ca](http://activemississauga.ca) in “details” for program exception dates.

**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.**

Churchill Meadows Schedule

Registration ONLY

Day	Time	Class	Barcode
Mon	6:15 pm	Yoga Women	705701
	7:15 pm	Yoga 90 min	705670
	7:30 pm	Zumba®	705729
Thurs	7:15 pm	Butt, Legs, Core	705160
Sat	9:00 am	Zumba®	705747
Sun	10:00am	Yoga 90 min	705673
	11:45 am	Yoga Prenatal	705713

FITNESS CLASS DESCRIPTIONS

**FITNESS OLDER ADULT:** This class is specifically designed for the 50+ adult that wants to get fit/stay fit.

**TOTAL BODY TONING:** Using a variety of portable equipment, (tubes, exercise balls, Fitness Circles, weights and more). We will help you strengthen and tone your entire body. No cardio component.

**PARENT & BABY FITNESS:** Enjoy the benefits of a low impact class followed by muscle conditioning. Bring baby's stroller/car seat and blanket to make your infant comfortable. Babies must be six weeks to pre-crawling. Only the adult is required to pay.

**BODY FLEX:** Body Flex is a group weight training class set to motivating music. This work out will strengthen, tone, and define muscles, suitable for the beginner through to advanced exercisers. Resistance is accomplished by adding or subtracting weight to a barbell.

**BLC:** 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.

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

# Erin Meadows Community Centre

2800 Erin Centre Blvd.  
Mississauga, ON L5M 6R5

Phone: 905-615-4750

[mississauga.ca/fitness](https://mississauga.ca/fitness)

### Hours of Operation

Monday - Friday	8:00 am – 9:00pm
Saturday	8:00 am – 7:00 pm
Sunday	7:00 am – 5:00 pm

## Membership Rates

[activemississauga.ca](https://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 60-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.
- **Indoor Walking Track** – Located at Carmen Corbasson and Meadowvale

### City of Mississauga Fitness Rates (prices are subject to applicable taxes)

	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>
• <b>Adult</b> (18+ yrs)	<b>\$37.00/month</b> \$444.00/year	<b>\$47.67/month</b> \$143.00/3 months	\$54.00	\$9.00/visit	\$10.00
• <b>Youth</b> (10-17 yrs)* • <b>Student</b> (with ID)* • <b>Person with Disability*</b> • <b>Older Adult</b> (65+ yrs)*	<b>\$29.60/month</b> \$355.20/year <i>(20% off adult price)</i>	<b>\$38.13/month</b> \$114.40/3 months	\$43.20	\$7.20/visit	\$8.00

### Fitness Membership Add-ons – Cycling

<b>Adult</b>	<b>\$10.52/mo</b> \$126.15/yr	<b>\$15.05/mo</b> \$45.15/3 mo <i>(Full 3-month payment is required)</i>	<b>\$20.10</b>	\$4.88/visit (M) \$10.80/visit (N-M)	\$6.00 (M) \$12.00 (N-M)
<i>(As above)</i> <b>Youth, Student, Disability, Older Adult</b>				\$4.32/visit (M) \$8.54 (N-M)	\$4.80 (M) \$9.60 (N-M)

*\*denotes appropriate documentation required*

*M – Members; N-M – non-member*

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.

### Memberships are Transferrable

Erin Meadows offers a variety of fitness classes onsite, but remember that your membership allows you to take full advantage of equipment based facilities. Your membership will allow you to use neighbouring weight rooms such as, South Common CC, Rivergrove CC, and the newly renovated Meadowvale CC.